# GROW THIN ON GOOD FOOD

LUELLA E. AXTELL, M.D.

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By
LUELLA E. AXTELL, M.D.

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1930

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*"You can not run away from a weakness; you must sometime fight it out or perish; and if that be so, why not now, and where you stand?"*

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# I. WHY BE FAT?

WHY BE FAT?

# I

## Why Be Fat?

EIGHTEEN years ago a little woman asked herself this question. Perhaps you will not agree that she was little for she weighed 203 pounds. But little is not always descriptive of size. Sometimes it is a term of endearment and this particular little woman must be treated tenderly. Like all fat people she was sensitive, and still is, tho she would not have you know it for the world. Besides, as one of her youthful admirers had said of her, "I don't care if she is awful big out, she ain't so very big up"—only 5 feet 2½ inches.

One luxurious Sunday morning as she opened her eyes—and mouth—for a leisurely and capacious Sunday morning yawn, and stretched her arms in whole-hearted enjoyment of that delicious extra Sunday morning half-hour when consciousness flirts with slumber, suddenly she was wide awake. What a horrible sight! The ponderous forearm rising before her eyes actually quivered and shook with its burden of fat. How hideous! How loathsome! What a shock to her sensibilities! A nausea of abhorrent self-loathing surged over her, then a mighty resolution entered into her soul. A complete mental transformation and exultation took place, the forerunner of the physical changes to follow,

as she looked forward to the glorious future already half realized, because of a new conscious power of victory over self. The answer to the question came in an ecstasy of resolve, vocal in homely but emphatic words. They came out with such explosive energy as to wake Friend Husband from a sound sleep. "I will no longer be a thing for jeers and ridicule, *I will not be fat.*"

### THE DREAM

And then the enchanting visions she conjured! The horrible fat body that had followed her from earliest childhood was to shrink and melt into lines of beauty. She saw herself entering a new life like one released from prison. Gone were the bulges and billows; gone the awkward gait; gone the red face and panting breath from least exertion; gone the fatigue and sore feet, the inclination to drop into every chair from lassitude and inertia. And speaking of chairs, how she hated the largest one always being offered her! What bliss to drop lightly into the very smallest one with plenty of room all around her svelt, graceful, slender body! Oh certainly, the imaginary fields that stretched ahead looked lush and green, and blossomed with promise; for she felt sure she could make her dream come true—*and she did.*

Now you know what never before has been revealed—the humiliation, the shame, the detestation of my very soul for being fat. And I know just how you feel about it too, so we start on common ground—

and because of that you will be glad to hear the story of how my own reduction was accomplished and its desirable effect.

### THE BALM IN GILEAD

Being a doctor, it was unthinkable that I should adopt any procedure that could injure health. Being a woman, I was equally unwilling to rob myself of the infinitesimal fragment of pulchritude with which nature had endowed me. Being middling old, I feared and abhorred wrinkles, lines or other tell-tale marks which should allow any one to guess my age within a dozen years. I determined to find a way to take away the hateful fat, but at the same time to improve and keep my health, a way that would not in the least injure my looks and that would not add a year to my appearance.

Why be fat when there is a way to get thin without injuring health, strength or appearance?

### SO MANY WRONG WAYS

At first I proceeded slowly and cautiously, for caution was imperative. Everywhere human wreckage abounds in the way of ruined or injured health and ravaged appearance, the result of trying the multifarious and nefarious schemes, mistaken methods, and harmful practises of "eating this" and "not eating that," of living upon "this combination" and generally going without most everything. It soon became ap-

parent to me that some new and better way must be found if I and others like me were to be released from the shackles of fat, without injury to those most precious possessions, health, strength, and looks.

### THE WAY STUDIED OUT

As a woman and a physician and one who loved the good things of life, the subject of food had always been an engaging one to me. I had given much thought and study to digestion, assimilation, balanced meals, food values, etc.; but as I journeyed on toward the attainment of that for which I struggled, I realized more and more that if I were to avoid the rocks on which health and looks meet doom I must give more intensive study to all the questions pertaining to weight-reduction. The first six months, therefore, I reduced but slowly, perhaps 15 pounds in all, carefully studying, experimenting, watching, forming deductions and opinions, gathering a foundation of knowledge based on personal experience, comparing the results of applying the knowledge of others to my own needs.

As confidence grew, reduction was pushed more rapidly. The relative values of the different aids were observed, a study made of how they operated and why. Careful observations were made on cosmetic results. How treatment could be made most agreeable was made a subject of study, the useless was eliminated and everything correlated to obtain the maximum re-

sults. Intervals of rest between periods of dieting were found advisable. The length of the rest periods and the length of the reduction periods were established. The amount of reduction advisable for a given time was arrived at, a basis for variations according to individual differences was recognized and many other facts discovered bearing on comfortable and healthful reduction. During this time of observation my weight was reduced from the initial 203 pounds down to 128 pounds, a total loss of 75 pounds, with most astonishing improvement in health, vigor and appearance.

Early in the study I realized that when methods are correct reduction is much more likely to be permanent than when methods are wrong. This observation has been corroborated repeatedly by subsequent work among my patients.

### MANY HAVE BEEN HELPED

Down through the eighteen years since the dawning of light for me, the work has gone on for others. Hundreds of cases have established conclusively that one may get thin without sacrifice of health, strength, or looks, that on the other hand, if reduction is conducted correctly, health and strength are increased and looks enhanced.

Why be fat, when one looks better and feels better thin?

### THE REASON FOR THIS BOOK

During these eighteen years of treating overweight patients, much has been learned that can and should be given to others. Many are unable to avail themselves of skilled supervision and these may be the very ones who need help most desperately. I would save such from following foolish fads, one-sided diets or other mistaken systems which injure health and impair looks. I wish also to help others of you who realize the dangers of haphazard reduction and have hesitated to try any measure of relief for fear of harmful results. Therefore, I offer you a plan which provides for all your needs yet reduces you satisfactorily, comfortably, healthfully. Note the *healthfully.* There would be much less point in reducing, if it were not a health-*promoting* measure. There is *no* point to be gained in reducing when it is so conducted as to become a health-*destructive* measure.

That not enough emphasis has heretofore been placed upon this necessity of health-protection during reducing, that insufficient attention has been given to the *details* of *how* to protect health while losing weight, gives me the justification and motive for writing this book, the urge to present the subject from a different view-point making health-protection the primary consideration in planning the treatment.

Certain fixed requirements must be met if you are to have healthful reduction. No matter what your condition in life, or its activities; whether you are re-

ducing or not, and especially if you *are* reducing, certain essential elements of nourishment must form a part of every correct diet. Without them your diet is wrong, harmful, and any system of reduction employing it is pernicious. What these nourishing elements are, and how to secure an ample supply during your reduction, is fully explained and reiterated in different ways as you read on, so that finally you know so well the essentials of a good diet, that for all future time you will be able to judge for yourself whether or not a given regimen measures up to health standards.

Not only in the matter of diet but in all reduction measures we shall tell you how to proceed and why, in simple language, so that you may understandingly, enjoyably, and successfully carry on your reduction with most healthful precautions.

We all know, however, that only people of superior intelligence are able to apply directions, so as to secure beneficial reduction. That you are seeking information from a book of this kind, instead of pursuing get-thin-quick-and-easy will-o'-the-wisps, stamps you as one who will be able to profit by the information received. Any one, no matter how stupid, can follow an "Eat this" system, but to look into the subject intelligently requires brains, brains and character. Most fat people have no lack of either. Don't you know how many of our great executives are overweight? Don't you know too that the thought and determination you put into your efforts to be physically normal will increase your character and your power? And what

a satisfaction your achievement will bring you! Daydream all you will, anticipation will never equal the delights of realization. I know, for I have experienced it all. You too may be normal physically; and—listen to the clarion cry, let it sound clearly, unmistakably to your consciousness: You may Grow Thin on Good Food.

Why be fat when health, joy, and character may be secured by getting thin?

### AVAUNT, OLD AGE!

And too, you are wooing youthfulness. Correct reduction not only takes off hideous pounds. It restores youthful vigor. It gives graceful lines and carriage. It increases activity and efficiency, and adds years of usefulness to life.

### COMMON-SENSE BASIS

All good systems of reduction are based on *proper food* and *proper exercise.* Let this fact sink deeply into your mind. Any system which claims otherwise is fallacious. Be not deceived by false representations. Any attempt to sidestep this fundamental fact is met by failure and disappointment. On this, all authorities are agreed. But note I say *proper* food, I do not say starvation. Therefore it is going to be necessary for me to tell you a lot about food. I am sure you will find it all very interesting. We are going to tell

you some old things in a new way and you are going to be let in on a lot of new things about food, secrets never before divulged, cute little ways of preparing food to make it attractive and good without being fattening, and a host of wonderful new recipes. One secret we are divulging right at the start is that you may have delicious food all during your reduction. Over and over again we shall repeat, *that reduction need not mean starvation, that it must not mean starvation if you are to keep well.* And keeping well is our key-note, our war-cry; keeping well, and feeling well, and looking well. And here is another secret. You are going to be so well fed during your reduction that it is going to be easy to *keep* your weight down. You will have reduced only fat. That is all you wish to reduce. You need all the rest of your body. All the parts in which you live and move and have your being are very essential to you. You can not spare their smallest fragment. Your excess fat you may sacrifice ruthlessly but you can not afford to sacrifice the living body. You will get thin, yet you will eat good foods that nourish the functioning portion of your body; you will destroy only the fat. Your meals will be so good that you will sometimes get on your scales with fear and trembling, but you will inevitably reduce on the good food set forth.

Now I do not mean that you may gorge on foods you like best, nor even that you may eat exclusively the foods you like best. It is a very mistaken method that would choose fat-making foods and cut down

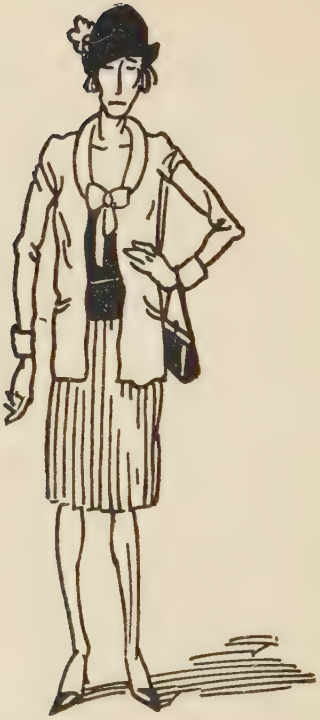
quantity sufficient to insure reduction. It is also a very uncomfortable way. The fattening foods give you but momentary satisfaction. In a short time you are as hungry as ever and find it hard to resist the constant tantalizing gnaw. If necessary foods are taken in correct proportion there is a sense of satisfaction and repletion. There is a feeling of well-being far surpassing the moment's gratification of the sense of taste. All through your reduction you will have this sense of having what you need.

Why be fat when you may have all the food your body needs, when you may enjoy delicious and satisfying meals and yet get thin?

And this is what you are offered in this plan of reduction:

A way of getting thin and yet increasing health and vigor.
A way of getting thin without impairing looks or increasing appearance of age.
A way of getting thin which tends to keep you thin.
A way of getting thin comfortably and happily.
A way of getting thin on Good Food.

# II. FALLACIES ABOUT REDUCING



DON'T LOOK LIKE THIS

## II

## Fallacies About Reducing

You are going to get thin by practising a sensible way of reducing, but there are so many wrong reductions and wrong ideas about reduction that it is necessary at the outset to clean house, to get rid of all this extraneous material before you can be in a mental condition to accept and follow a common-sense system.

If you are not forewarned there is danger that you may be tempted to stray into deceptive by-paths, alluring in their beginnings, promising an easy way to the hoped-for-goal, but ending often in a mirage, always leading into the slough of disappointment.

### DON'T DRUG

This is a most important "don't." Patent medicine ads abound. Even doctors are being circularized. A letter comes to us once or twice a month, recommending "———for Obesity." I find it impossible to believe that members of our profession, in any considerable number, are prescribing these drugs. Physicians should know too well their dangers.

### MEDICINE FOR THE SICK

People who are overweight may be ill and need medicine. They often are ill as a result of their overweight, when reduction, not medicine, is the cure; they may even have illness or disturbed function, of which overweight is a symptom; but if medicine is needed other symptoms aside from the overweight are distinctly manifest, symptoms which are not the result of the overweight itself. In such cases the fundamental disease as well as the obesity should be treated.

### THYROID FOOLISHNESS

You must have heard about the use of internal secretions for obesity. Occasionally they are indicated. But to take for granted that every overweight patient is lacking in thyroid, or other internal secretion, is absurd and fruitful of harm. Overweight is very common and thyroid insufficiency rare. In my own experience of eighteen years specializing with overweight patients, but few cases have been due to thyroid insufficiency.

### LET IT ALONE

Thyroid is very powerful and deep-acting, and has caused heart and nervous disturbances. It may excite a latent toxic goiter into activity, or convert a normal thyroid into an abnormal one, and do other serious

harm. It should no more be self-prescribed than should arsenic or morphin. You do not have to drug to get thin. There is a better way.

### NO HUNGER STRIKES

Don't get so enthusiastic that you carry dieting to the extreme of fasting. When all food is withdrawn, one is reduced to the necessity of living wholly on his own fat. Man does not live by fat alone. Blood, bone, muscle, heart and other organs need nourishment of their own kind in order to keep strong and healthy. They are not made of fat, nor is there anything in fat to nourish them. Flabbiness and anemia thrive upon starvation. How much better to get thin on foods you need and keep your good red blood, your healthy organs and your sense of well-being. Grow Thin on Good Food.

### DON'T POISON YOURSELF

Starvation causes poisons to circulate in the blood. These poisons are just as harmful, even tho manufactured in the body, as tho taken from the druggist's shelves. Poison emaciates; but who wishes that sort of reduction?

### KEEP FREE OF FREAK DIETS

Keep clear of fads that limit the diet to one, two, or a very few articles of food. Such diets are almost

sure to lack essential elements. If the necessary elements are insufficient in quantity, organs and tissues suffer depletion as in starvation. Death even, has resulted from this method. The alkalinity of the blood becomes disturbed, pernicious vomiting often results, and no food being retained, death supervenes. Old Mother Nature wove many things into these bodies of ours, and she meant them to be there. Woe unto those who violate her dicta. What good is getting thin if health, perhaps life, is sacrificed? Besides, why get thin miserably when one may get thin happily? So tabu diet of orange juice alone! Away with buttermilk and potato three times a day!

Avaunt exclusive diet of herbs or of fruits and all other foolish inadequacies! Some are worse than others, but all are anathema. Eat the food you need and be happy, comfortable, and well while you are getting thin.

### DON'T PHYSIC

Don't try to get thin by the use of physic. To give the stomach food, and by drastic cathartics habitually send the whole meal so violently cavorting through the intestinal canal that the body has not time to salvage its own, is a form of self-abuse, and eventually causes colitis, hemorrhoids—popularly called piles—and confirmed constipation, besides other ills.

Epsom, Kissingen, Vichy, and the whole "Salts" family alike have no virtue in reduction—except when given in such quantity as to produce continuous, severe

catharsis, alike disagreeable and injurious. Let them alone and keep yourself normal and comfortable while you are getting thin.

### YOU CAN'T SOAK OFF YOUR FAT

Don't try to reduce by Epsom Salts Baths. No matter how long nor how much you soak, your fat will still remain. Any other medicine in the bath is equally futile, unless your bath solution is so strong with poison as to affect you by absorption through the skin. It will not make you thin unless it first injures you.

### A LIP-STICK JUST AS GOOD

Ointments, soaps, or what not, to be applied to the skin, follow the same rule. They will not reduce unless injurious. The skin is absorbent to many drugs, so that rubbing on substances purporting to be reducing is not devoid of danger. A poison is a poison whether it enters by the avenue of the skin or by the mouth. Most preparations exploited for reducing purposes are harmless, but are as effectual against obesity as a tom-tom against evil spirits, or a rabbit's foot against bad luck.

### DON'T GO WITHOUT WATER

Abstinence from water-drinking is pernicious. It will reduce weight but is devastating to appearance.

It reduces no fatty tissue. The normal fluids become exhausted for the time being and you literally dry up. But the loss in weight is water, not fat, and is not permanent.

As soon as you resume healthful drinking habits, your organs and tissues will absorb and swell like sponge till they have retrieved their own, of which for a time you cheated them. And as your body absorbs water your pounds come galloping back. Whether or not the organs recover their original health and function depends upon how much mischief has been done.

### DON'T BE A MUMMY

Another way to shrivel and dry up is to sweat your water away. But at that you will not succeed unless you limit water intake. Most people are so thirsty after a sweat bath that they immediately drink back the lost fluid, and therefore the sweating is for naught, so far as weight is concerned. If you wish to look old and wrinkled and pasty, have crippled kidneys, constipated bowels, and pimply skin, just sweat and sweat and drink no fluids. Do not forget, however, that you are sweating away your water, not your fat.

### DON'T RUIN YOUR STOMACH WITH ACIDS

Excess of acid foods may cause indigestion; therefore, you may get thin when you live upon vinegar, pickles, lemons, and the like. But there is no specific

action of these acids against fat. You do not get thin unless indigestion develops. Later you may get ulcer of the stomach, and if you persist, still later perhaps you get cancer, and then you get thin with a vengeance. Do you wish it?

### BEWARE OF MEAT DIET

Don't live on meat alone, nor try any system that calls for meat, eggs, fish, or meat soups without limit. Such diet is an invitation to Bright's disease. Many people have tried it—to their sorrow.

### THERE'S THE RUB

Don't imagine you can have any one rub the fat off, or squeeze the fat off, either with the hands or machinery. Massage during diet restriction facilitates comfortable reduction. It also facilitates reduction of the parts manipulated, if the manipulation is of the right kind.

But no sort of massage, either mechanical or manual, no electric, osteopathic or chiropractic treatments, no rolling or shaking machines are effectual against overweight. Such treatments will, most assuredly, separate you from your dollars, but they never will, by themselves, divorce you from an ounce of your fat. Do not forget for a moment the fundamental food and exercise requirements. These other things are aids, but can not take the place of what one must do for himself.

### BEWARE OF GET-THIN-QUICK SYSTEMS

If any one offers to take you down ten or twelve pounds a week by a course of treatment, beware. It can not be done without injury to health. One who would subject you to such dangerous hazard must be untrained or reckless. Be fearful.

### SAFETY FIRST

Five pounds a week for several weeks is enough reduction even when one is vigorous and under skilled and close observation. Two or three pounds, according to the size of the individual, is the limit if your reduction is unsupervised. Reckless methods may give fast reduction of *weight* by interfering with normal function and injuring health, but *lost weight is not always lost fat.*

To reduce properly you must burn up the fat of your body cleanly and lose fatty tissue only. With proper care this may be done quite rapidly for short periods, but even then there is a limit to the power of the body properly to consume its own fat, and if you introduce doubtful means and try to push reduction too fast, you will surely pay the price both in appearance and health. Remember with improper reduction the drop in weight is not the measure of fat loss, but covers also destruction of precious, vital tissues and organs necessary to health and life itself.

### DO NOT BE FOOLED

One of the greatest opportunities for charlatans and quacks lies in the fact that we fat ones are constantly seeking to evade the truth, forever trying to find some short cut, some easy way, some magic, that avoids the day-by-day effort; and to sidestep the fact that the basic requirement of normal weight is the proper relation between food and exercise, that the correct basis for reduction is proper food and proper exercise.

We do not like to exercise and we do like to eat. It is easy to believe in any device, even tho fantastic, that promises quick results and does not interfere with self-gratification. But for you, such credulity is a thing of the past. Soon you will be too well informed to accept any method that disregards health. Your magic will be that of applying scientific knowledge to daily living, a method that will surely and safely carry you to your goal. And you will find it a most comfortable and interesting experience. There need never be the least fear of results.

### THERE NEED NEVER BE A MOMENT'S DISCOURAGEMENT

Remember, the author knows by experience every step of a reducing journey 75 pounds long, and during the last eighteen years has piloted many another over a similar course. One very large patient in whom the tendency to obesity was a family inheritance was reduced nearly 200 pounds. Many have taken off up-

ward of 100 pounds. Does not that thrill you with hope?

Certainly you will get thin, sensibly, healthily, permanently—on Good Food.

# III. THE WEIGH AND THE WAY OF IT

THE WEIGH AND THE WAY OF IT

## III

## The Weigh and the Way of It

BEFORE we start our food story perhaps it would be a good thing to take a sort of inventory of ourselves, find out what we weigh and what reduction we need. People have variant ideas about overweight. If we lived in Zululand we should not consider any woman beautiful who weighs short of 200 pounds. Some people even in civilization to-day "like 'em fat" and consider fat a sign of health. On the other hand, judging by the fashion magazines and the number of cadaverous young people one meets on the street, there must be some who prefer them shadowy. Flat-chested, emaciated, ambulatory corpses are not the ideal I would hold up to you for emulation.

To be normal human beings should be your aim, and therefore it is necessary at the outset to establish the normal standards.

### LIFE INSURANCE COMPANIES KNOW

The knowledge of correct weight means dollars and cents to life insurance companies. Some years ago they awoke to the fact that the tables of average weights according to age, which had hitherto been con-

sidered the normal standard, were not correct and the weights given were much too high for health and long life and so they set their experts to work to find out the normal standard. They discovered that people live longest who never become heavier than the weight previously considered normal for a person 30 years of age.

### OF COURSE IT IS ABSURD

Manifestly, one should not get heavier as one grows older. Increase in strength ceases at maturity. Our bones no longer grow heavier to support greater weight; the heart, kidneys, and other organs grow no larger nor more efficient, no more able to do the work of a larger individual. In fact, after the age of 35 there is a gradual slowing down of all bodily processes. Common sense teaches us that gradually weakening organs should not have increasingly more to do.

### THE NEW WEIGHTS

And so the life insurance companies revised their figures. Some of the old tables, however, are still in circulation. That you may not be misled, but may have the benefit of the latest and best, we insert a copy of the tables now considered authoritative.

CORRECT WEIGHT ACCORDING TO HEIGHT

| *WOMEN* | | | *MEN* | | |
|---|---|---|---|---|---|
| *Height* | | *Weight* | *Height* | | *Weight* |
| *Feet* | *Inches* | *Pounds* | *Feet* | *Inches* | *Pounds* |
| 4 | 10 | 116 | 5 | 3 | 133 |
| 4 | 11 | 118 | 5 | 4 | 136 |
| 5 | | 120 | 5 | 5 | 140 |
| 5 | 1 | 122 | 5 | 6 | 144 |
| 5 | 2 | 124 | 5 | 7 | 148 |
| 5 | 3 | 127 | 5 | 8 | 152 |
| 5 | 4 | 130 | 5 | 9 | 156 |
| 5 | 5 | 134 | 5 | 10 | 161 |
| 5 | 6 | 138 | 5 | 11 | 166 |
| 5 | 7 | 142 | 6 | | 172 |
| 5 | 8 | 146 | 6 | 1 | 178 |
| 5 | 9 | 150 | 6 | 2 | 184 |
| 5 | 10 | 154 | 6 | 3 | 190 |

### A LITTLE MORE PADDING

It has been observed, however, that the harmful effect of no more than five pounds overweight is almost negligible. Not until ten excess pounds are accumulated does it become markedly disadvantageous. For cosmetic purposes one sometimes prefers an extra five pounds, but it is better to save them for middle life —from forty to forty-five—when the fingers of time begin to lay their imprint on the face.

### BONES ARE HEAVY

It will be noted that men of the same height as women normally weigh more. This is because the

bony and muscular frames are heavier in men. Therefore, a woman who has large bones and muscles will approximate in weight a man of the same height, and still be normal.

### BE CAREFUL, YOUNG GIRL

While younger women may weigh slightly less than those thirty years of age, underweight not overweight is to them a menace. Overweight, on the contrary, before the age of thirty, unless extreme, is an advantage. It protects against certain diseases to which the young are particularly susceptible. Our young women have, in some cases, with youthful impetuosity, gone to an extreme in attempts to control the weight. The diets they have resorted to have often been inadequate in the necessary vital elements, causing anemia and inviting pneumonia and tuberculosis.

### THE WAY TO WEIGH

It is best to weigh nude at the same hour of the day and as nearly as possible under identical conditions. Many factors modify weight temporarily, so that there may be a variation of two pounds or more irrespective of a gain or loss in fat. It is very discouraging to work hard, abstain from your favorite foods, faithfully follow a regimen that you confidently expect will reduce you, and then to find, when you get on the scales, that, "Horrors!" you have gained.

### EXCESS BAGGAGE

But if the content of the bowel weighs a pound more than yesterday, which if you have had no evacuation to-day it easily may do, you may have lost a half pound and yet the scales deny it. Or, if one day you weigh with an empty bladder and the next day a full one, you may seem to have gained when you have lost. Or, having taken a big drink, or eaten a large meal before weighing, again you are disappointed as you read your scales.

### WEIGH YOURSELF, NOT YOUR CONTENTS

In order to do this, every detail of possible variation must be watched. Food and water inside of you weigh the same as tho they were outside your body. Do not depend on estimating these various factors. Be accurate.

### HAVE YOU ORDERED YOUR SCALES?

Do not put it off. Weighing is an every-day necessity. There must be no guesswork. You must not be an ostrich and bury your head in the sand of illusion, blinding yourself to what is apparent to every one else. People who watch their scales are the successful reducers. People who avoid weighing wax fatter and fatter.

### UNACCOUNTABLE VARIATIONS

If, in spite of conditions seeming the same, your scales misbehave for a day, do not be discouraged. Effect does not always immediately follow cause. Elimination is not always the same even tho it seems to be. Scrutinize your performance for any possible mistake or defection. If you are sure you are right, just keep right on. Two and two always make four, you know. If you do your part you are sure to come out right in the end. Your reward is certain. *You may weigh whatever you wish.*

# IV. FOOD FAMILIES

## IV

## Food Families

And now we come to that most fascinating of subjects, food. In order to understand how to select your foods you should know something of their nature and why some foods are better than others; for remember you are to have *good* food, food that you will enjoy, food that will keep you strong and well. You are to reduce, but all the time you are reducing you are to have perfectly satisfactory and delicious meals, as good as those of your husband who needs to be built up or of little Johnny who needs to grow.

But in order to do this the food must be carefully selected so that food elements are in proper proportion. It will be a sort of game that must be made to come out right. You can do it.

### JUST TOUCHING THE HIGH SPOTS

You do not need to delve deeply. We shall make it snappy. If you wish a more detailed treatise on food, no doubt you can find it on the book-shelves of your own or the public library. Some essentials you *must* understand thoroughly in order to make your

reduction of the greatest pleasure and benefit. However, if you are very busy and just can not get time now to think it out, you may skip the next five chapters till later, and you may disregard all figures on the menus till you have had time to read the intervening explanations at your leisure.

### VITAL FOODS

We put food into classes as people are in families, only instead of naming foods Jones or Smith we name them for the uses they serve best. We have a large and important class of foods that go to make up the warp and woof of the body. These foods are *Vital.* They build the vital structures of the body, they restore the vital tissues of the body after illness, they daily repair all the vital parts of the body, preserving the integrity of the blood, muscle, nerve, and every tissue and organ. They preserve our *vital functions* by guarding the chemistry of the body and protecting us against disease. *Vital,* therefore, they are preeminently, and we shall fittingly call them, *Vital Foods.*

### FUEL FOODS

But there are foods that in no way enter into the body substance. They are burned in the ultimate tiny body cells. Do you know you have millions of little furnaces in these cells, burning merrily all the day and more quietly all the night to furnish you heat for your

body and energy for your work? Some foods are especially helpful in keeping these fires bright, and we shall call them *Fuel Foods.*

### VITAL VERSUS FUEL

In a strict sense, *all* foods are vital and *all* foods are fuel, but their fields of efficiency are miles apart, and each is named for the thing it does best.

### POOR FUEL

While Vital Foods in small amount are burned in the body, they never are able properly to supply the body's need for heat and energy, no matter how generous their intake, nor how meager the Fuel Food supply. Attempts to crowd their use results in great waste and incompetency. Their fires burn with smudge and smoke and little heat.

### THESE KEEP THE HOME FIRES BURNING

Fuel Foods, on the other hand, make grand heat and "oodles" of steam. To be sure, we can not live without them, but they enter in no way into the essential fiber of the body. They go up in smoke—they burn—puff!—they are gone. Their real job is to keep up the body's fires; therefore, they are rightly named Fuel Foods.

### MANY FOODS OF MANY KINDS

Nature sets a bounteous table, and in such complex mixtures that all our needs are amply satisfied. No one food supplies every need. Many foods contribute to several needs, but always there is one capacity in which a food serves best. This determines its name and class. Vital Foods serve best as body builders and repairers. Fuel Foods serve best to make body fires. You need them both in correct proportion.

In order to make good and proper selection, it is not necessary that you know everything about foods. But you must know which foods are vital, which are fuel, and how to select the right proportions. You will be glad, also, to understand the subject sufficiently so that if your suggested menus are not exactly to your liking, you can make substitutions that will serve the same purpose and increase your pleasure. All explanations of food classes or families are to help you in food-selection, so that your body shall be adequately fed while you are taking off your excess fat; in other words, that you may reduce with a maximum of comfort and enjoyment of the good things of life, that you may Grow Thin on Good Food.

You will note, as you study the chart of food families on the next two pages, that individual foods are often members of several families. Do not let this fact confuse you. When Miss Smith marries Mr. Jones, she is still a member of the Smith family, as well as of the Jones family. When a food belongs to sev-

eral families, it is all the more valuable, and this arrangement is the provision of a wise Nature to supply deficiencies in our ability to choose.

Primitive man was guided by his necessities and ate of everything he found that was eatable, the multiple constituency of the few foods available sufficing him. When the number of eatable things multiplied in the course of the world's development, he still, for many generations, had his instinct to guide him, and the varied content of foods gave him an adequate diet. But with civilization, instinct weakened, till at the present day one needs to use intelligence. Our appetites have been so pampered that they no longer are safe guides, and we need to *know* the uses and quality and composition of foods in order that our bodies may be kept healthy. This is true under ordinary conditions. When the diet is restricted, it is doubly imperative that we use our brains in deciding what to eat and what not to eat.

A TABLE FULL OF FOODS

*Vital Foods*

**1. Protein Foods:**

Lean of Meat, Fish, Fowl and their Broths
Shell Fish
Sweetbreads
Skimmed Milk, sweet or sour
Buttermilk
Cottage Cheese, no cream added
Gelatin
Eggs, whites are pure protein, yolks contain some fat

**2. Mineral-Supplying Foods:**

Vegetables, especially the skins
Flesh Foods, especially the lean part
Eggs, especially the yolks
Milk, Cream, Cheese, Butter
Legumes (peas, beans and lentils)
Fruits
Whole Grains and their flours and foods, especially the husk of the grain

**3. Vitamin-Supplying Foods:**

Vegetables
Lean, uncured meat
Fruits
Cream, Butter and Cream Cheese
Eggs, especially the yolk
Legumes, germinal portion
Nuts and Seeds
Whole Grains and their products. The vitamin is in the germinal portion.

**4. Water-Sources:**

Drinking Water
Liquid portion of Beverages
Soups and Gravies
Vegetables
Fruits
Milk and Buttermilk

A TABLE FULL OF FOODS—*Continued*

*Fuel Foods*

**1. Sugars:**

Cane- and Beet-Sugars, white or brown
Milk-Sugar and Powdered Sugar
Maple-Sugar and Maple-Sirup
Glucose or Corn-Sirup
Honey and all sweet Sirups
Sweet Fruits

**2. Fats:**

Fat Meat, Lard and Suet
Peanut and Cocoanut-Butter
All Vegetable Oils and Cooking Fats
Oleomargarin
Olives and Avocado
Butter, Cream and Egg Yolk
Cheese, cream or filled
Nuts, except Chestnuts

**3. Starches:**

| *Cereals and Flours* | *Foods made of Cereals and Flours, viz:—* |
|---|---|
| Barley | Breads and Toast |
| Corn and Hominy | Muffins and Biscuits |
| Oats | Pastry and Pudding |
| Rice | Macaroni and Spaghetti |
| Rye | Vermicelli and Noodles |
| Sago | Pancakes and Waffles |
| Tapioca | Johnny-Cake |
| Wheat | "Ready to Eat" Breakfast foods |
| | Breakfast Mushes |

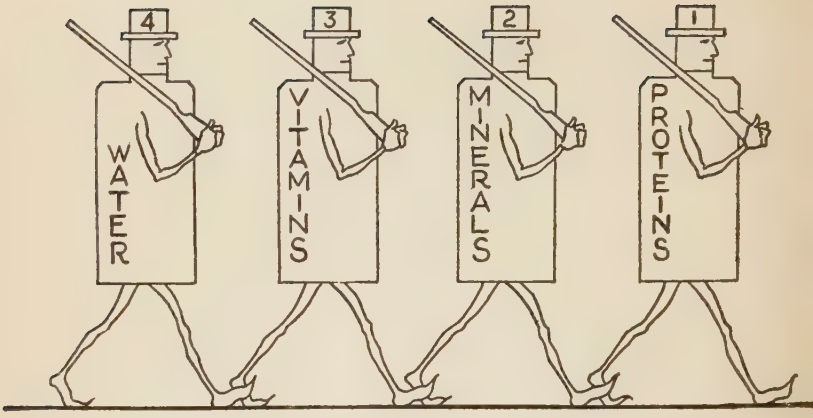
*Starchy Fruits and Nuts:*

Bananas and Chestnuts and Almonds

*Starchy Vegetables:*

Legumes (beans, peas, lentils)
Potatoes, both Irish and sweet
Winter squash and fresh corn are moderately starchy.

# V. VITAL FOODS



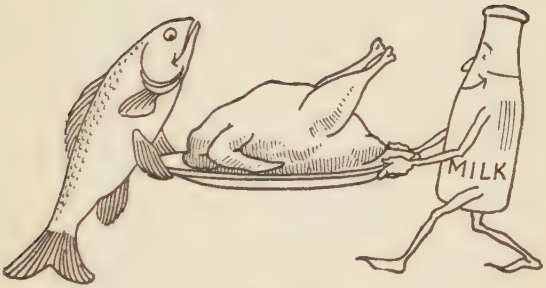

Vital Foods contain:

1. Protein
2. Minerals
3. Vitamins
4. Water

Good Food must contain the vital foods. You need them all.

# V

## Vital Foods




### PROTEIN

THROUGHOUT the human body, in every tissue and organ, is a certain basic substance. This same basic substance is the groundwork of *all* animal flesh, *all* bodily organs, whether of beast, fish or fowl; therefore, it is found in all flesh foods. The name that has been given to it is "Protein." Our Vital tissues, having Protein as a necessary constituent, need Protein food, which is our justification for eating meat.

### OUR STOMACHS TOO SMALL FOR GRASS

Herbivora are able to extract sufficient protein from the bulky vegetable foods, but we would need another

stomach or two and more time to chew our "cud." However, if scruples or aversions or esthetics preclude meat-eating, one can obtain sufficient protein from other sources. The herbivorous cow furnishes us milk, and the hen lays us eggs. Both these are delicious protein foods; but milk contains a large amount of sugar and eggs some fat. Fat and sugar are bad medicine for the obese. Cheese, nuts, ripe beans, ripe peas, and lentils are rich in protein, but are rich also in fuel foods, and therefore fattening.

### VEGETARIANS MAY REDUCE

To keep the protein tissues of the vegetarian properly protected, reduction must proceed more slowly and food be chosen with even greater care, because the proteins acceptable to him are bound up with a large proportion of fuel-food. Nor can the menus be so varied, because resources for the vegetarian are less abundant.

### YOURS AND JACK SPRATT'S PORTION

Fat meat contains little protein and a negligible proportion of other vital foods. Only lean is valuable to you and only the lean is suitable to a reduction dietary.

### SUCH A QUEER PROTEIN

We must not forget gelatin, a rather peculiar protein, but one so friendly to the Too Fat family that it

can not be ignored. It never makes you gain. Most foods contain some fuel. Not so with gelatin. It contains not a particle of fattening food. It is a pure protein, but it is not a full-grown one.

### INCOMPLETE, BUT OF GREAT ASSISTANCE

It can not supply your protein need without help. Alone, it never builds new tissue, never repairs broken down tissue. It needs to be accompanied by other protein foods that contain certain things it lacks. It is useful in reduction and should be made much use of because it helps to keep the vital structures intact and interferes in no way with the breaking down of the fat.

### HOW MUCH?

Experiments have proven that under special conditions the major part of one's protein may be taken in the form of gelatin. But you should make no such attempt. You would not be able to select the correct complementary diet and so large an amount of gelatin would not be agreeable to the palate. But you may take all you wish. How many delicious possibilities it suggests! Later we shall tell you many ways to use gelatin while you get thin.

### PROTEIN EXCESS THROWN INTO THE DISCARD

You can not increase your strength by eating an excess of protein. Nature can use but little more than

the essential growth and repair materials. If the supply is excessive, she temporarily stores a trifle and tries to burn some, if there is a shortage of fuel foods; but too much protein clogs the body furnaces and does other harm, so that with all expedition possible the excess is eliminated, chiefly by the avenue of the kidneys.

### DO NOT ABUSE YOUR KIDNEYS

An unlimited amount of protein satisfies the appetite and makes no fat. Taking advantage of this well-known fact, several systems of reduction have been exploited prescribing a diet, chiefly protein, large amounts of meat, broth and fish, perhaps at one meal and little else. Such overworking of the kidneys is hazardous. Latent weaknesses are aggravated and disease initiated, from which one sometimes does not recover. A *small* amount of extra protein is not detrimental. It sometimes even helps. We are able, when the supply is extraordinarily abundant, to do a modified camel act, storing for a short time against a possible time of need. By this provision alternating days of lack and superfluity equalize. On the average to take a *trifle* more than the minimum is the part of wisdom. Ample for your needs is imperative, but two or three times as much as you need is hazardous. Fortunately too much palls on the appetite and the one-sided menus soon become tiresome. Meals that are properly suited to the body's need are more acceptable to the taste.

Such are your Healthy Reduction Menus, containing

delicious protein foods in quantity correctly to cover your needs and amply to satisfy your appetite.

## MINERALS

### THERE ARE OTHER NEEDS

Necessary to normal structure and healthy function are the body minerals. They are the precious stones of the body. We can not live without them or remain healthy with less than our normal requirement. It is common knowledge that the blood needs iron, the brain phosphorous, and that nearly every tissue of the body contains common salt. You have heard of the need for calcium and iodin and other mineral substances, and no doubt appreciate the need of preserving and supplying them under ordinary conditions of life.

### MINERALS DURING REDUCTION

You may not know that your full quota, plus, is required during reduction, for while the fat is breaking down it passes through a poisonous stage, which, if not *immediately* neutralized by body minerals, does harm.

With plenty of minerals, poisonous effects are prevented, but if the supply is low, devastation is inevitable. When the broken-down products of the burned fat are carried out of the body by the various organs of elimination, the neutralizing mineral is swept out too; so that if there is not a super-amount at command the body is soon robbed of its protection, and a condition follows which is spoken of loosely as "acidity" or "acidosis." The blood loses part of its normal reserve of anti-acid or "antacid," and one may be plunged into a dangerous condition. With plenty of minerals in your reduction diet, acidosis is an unknown alien.

### NEVER MIND TO COUNT THEM, EAT THEM

You do not have to know where to go for each individual mineral, nor in just what proportion the different foods supply them. You do not even have to know their names. Their study is valuable if you are interested, and mineral formulæ may be figured out with accuracy exactly to meet the need. But there is a much simpler method. No figures to remember, no calculations to make, just one thing to learn, and that —to eat freely, vegetables of all kinds, except the few that fatten (pp. 51 and 72), and of those to eat moderately. But bear in mind that to secure an adequate amount of *all* the various necessary food minerals you must eat, not a large amount of a *few* vegetables, but freely of *many* kinds.

### THESE ARE YOUR FRIENDS

| *Watery Vegetables* | *Semi-Watery Vegetables* |
|---|---|
| Brussels sprouts | Asparagus |
| Cabbage and sauerkraut | Artichokes |
| Cauliflower | Beets |
| Carrots—raw | Beet greens |
| Celery | Carrots—cooked |
| Cucumber | Kohlrabi |
| Endive | Mushrooms |
| Lettuce | Onions—cooked |
| Onions—raw | Parsnips |
| Radishes | Peas, very young, fresh |
| Parsley | Pumpkin—canned |
| Summer squash | Rutabagas |
| Spinach, or chard | Salsify |
| Tomatoes | String beans, young, green |
| Watercress | Turnips |

Of the semi-watery vegetables, you should eat freely; of the watery ones, you may eat an almost unlimited amount. Some of the semi-watery vegetables, if very young and succulent, would be classed as watery; but it is safer to consider them as listed.

### HARKEN, ALL YE PEOPLE

To the need of vegetable-eating during reduction! So many uses are served: the tissue need which they supply, their protection of the normal chemistry of the body, the stimulation of alimentary activity they afford, and the feeling of satiety which they give on account of bulk. This last is most important to a limited diet. Without vegetables one can not eat enough to satisfy without overeating. Therefore, learn to like vegeta-

bles if you can, but eat them anyhow. No system of reduction is correct without them. Why should you wish to do without food so satisfying? Eat vegetables and get thin.

### GOOD BUT SWEET

Fruits are vegetable foods just as truly as are cabbage, lettuce, spinach and the like. But they are less bulky and contain a high sugar content. During reduction periods they make a valuable contribution to the dietary. While they may not be taken in unlimited quantity, a fair amount may and should be eaten every day.

### OTHER FAVORITE HAUNTS FOR MINERAL

Meat, eggs, and milk also furnish the precious minerals. As one is known by his company, mineral doubly proves its standing and value by its combinations. Always it is to be found in protein foods; always it clasps hands with another vital entity, nearest kin to life itself of anything yet discovered.

### AGE-OLD BEFORE NAMED

Before the Garden of Eden bloomed for man, this vital ally of protein must have been born with the first life spark, yet so recently has it been discovered that it was unnamed till 1911. It still baffles tho intrigues, and we know it only by its life-giving power. For this reason we have called it Vitamin.

## VITAMINS

A name to conjure with, a will-o'-the-wisp which no man has seen. It is the breath of life which no one can do without. It is the thrill that stirs growth, our defense against disease, decay, death. Where and how may we find this desirable possession?

### A WHOLE FAMILY

Our first concept of the vitamin soon developed into an appreciation of the multiple character of this life principle or entity. We now speak confidently of Vitamin A, Vitamin B, Vitamin C, Vitamin D, with Vitamin E and goodness knows how many others in the offing. Tho not one of them has been glimpsed even through a microscope, at least four have been traced to their lair and are known "by their works." Fortunately they are

### PERVASIVE EVEN THO ELUSIVE

Vitamins are omnipresent in Vital Foods, revealed by their effect upon health. We have proof of their existence in:

Flesh Foods, lean portions particularly, organs *most* particularly, as liver, sweetbreads, etc.

Eggs.

Milk and its derivatives, cream—cheese—butter.

Vegetables and fruits of all kinds.

### HAVE A CARE

One who lives on a generous mixed diet and likes most foods can not miss out on his vitamins, but when the diet is limited either in quantity or variety the case is different. People whose living was chiefly polished rice developed beri-beri for want of Vitamin B. Arctic

explorers deprived of fresh vegetable foods became victims of scurvy because they lacked Vitamin C. Children living only upon milk, especially if the milk be poor or undigested, have rickets and lack vitality because they have insufficient Vitamin A, C, D and possibly another with whom we have but a nodding acquaintance. When the deprivation is not so extreme, lesser nutritional affections develop; these, however, are serious enough, lessening resistance, inviting disease, and even courting death. It is no small concern to be sure of adequate vitamin supply during diet restriction. A reducing diet must be selected with extraordinary care to insure an ample supply of vitamin-carrying foods, a list of which follows:

ALL FOR YOU—ALL GOOD FOOD

Lean meat—fresh
Eggs
Milk
Vegetables
Fruits

"A" DIFFERENT

One member of the Vitamin family can not exist except in the presence of fat. For this reason it has been named "Vitamin Fat-soluble A." It is concerned chiefly with building processes, and is, therefore, peculiarly vital to children and convalescents. It is a constant in butter fat.

### SLIGHT ACQUAINTANCE SUFFICIENT FOR HEALTHY ADULTS

Well-nourished adults need but a small amount of this vitamin. It should not be wholly omitted from the dietary, tho for a short time one having normal health may, with no harm, abstain. As the Home Economics department of the body has its hands full during reduction, getting rid of the broken-down fatty tissue, it is desirable that even the vitamin-bearing fats be reduced to the lowest requirement.

### ALL YOU NEED AND THEN SOME

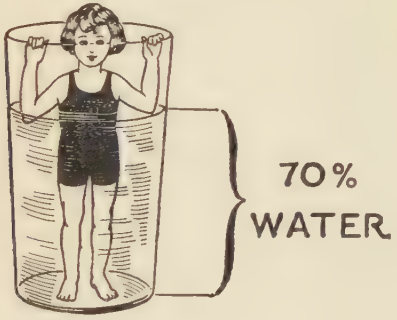
People who are attending many parties and banquets may leave butter-fat out of home menus indefinitely. Butter and cream are so rampant on festive occasions that one literally gets "fed up" on them at each dining out.

### BETTER THAN TOO MUCH BUTTER

Egg yolk is rich in Vitamin A as well as other life-giving elements and can not be dispensed with during reduction, despite its fat complement. Peas, beans, *whole wheat,* other *grains* and their *products* contain in their germinal portions a fund of Vitamin A, as well as furnishing other valuable food. Such foods must be used with judgment, but a limited amount is advisable if one must do much reducing. They permit the butter-fat to be reduced to a minimum, and give grateful variety to the meals.

### WHY NOT LEARN THE RIGHT WAY?

It is surprizing, how inadequate and unsatisfying fine grain foods taste after one has learned to like coarse breads and cereals. One instinctively turns to the better food after bad eating habits are broken.




### WATER

That water is essential to the human economy is generally understood, but how essential is not always appreciated. When it is known that 70% of the body weight is water; that water enters into and composes the larger part of every tissue, every organ we possess; that there can be no life in these tissues and organs deprived of their water, no efficient functioning with less than normal water content; then we realize the vital quality of water and why it is properly called a Vital Food.

### HOW CAN YOU WASH WITHOUT WATER?

Water is particularly essential during reduction when large amounts of fat are being broken down and burned and the waste must be eliminated. If from the lack of water the sewage system of the body becomes clogged and inefficient, toxic substances that should be thrown off remain to poison and weaken you, and disease is invited.

### WHY INCREASE YOUR TROUBLES?

One of the first ill effects of drinking too little water is constipation. During restricted diet the sluggishness of the bowel, because of the lessened volume of content, is an obstacle that has to be overcome. When, in addition, the content is dry and hard from lack of fluid, the trouble is multiplied and unnecessary discomfort entailed, to say nothing of the injurious effect.

### YOU DRY UP

Nature, deprived of water normally secured by drinking, reaches out for it wherever she can find it, for she can not continue her work without it. To do this she robs all the body tissues until they become shriveled and partially devitalized and finally can no longer yield water for the daily uses of the body.

### THEN THE POOR KIDNEYS BEGIN TO SUFFER

The kidneys work hard trying to get rid of the body's waste without sufficient water to hold it in solution, and

are only partially successful. Their little receptacles and tubes become filled with débris, the tender tissue becomes congested, inflamed, poisoned, and finally diseased.

### HOW IT MAKES YOU LOOK!

The wrinkled skin, the dried-up appearance which lack of water causes, eruptions which often follow poor elimination, should give you pause, if the hazard to your health is not sufficient incentive to make you careful to cover your fluid needs. It is to be understood that all fluid food is largely water, and you may take your water in any form you choose.

### WHEN TO DRINK LITTLE

You should give some attention to the best time for drinking. Large quantities of water with meals may make you fat. Why? Not the water itself makes you fat, but sips between bites freshen the taste so that you enjoy your food longer and are tempted to "gorge." Also because—

### YOU STRETCH YOUR STOMACH

One is not satisfied until the stomach is comfortably filled. A deluge added to your meal makes it at least twice as bulky. To hold twice the bulk your stomach must stretch to twice its size. Repetitions cause permanent dilatation. Twice as much food is required to satisfy, and consequently you habitually eat too much.

### A GOOD TIME TO DRINK

If you *must* drink at meals, drink before you begin to eat, and something hot.[1] A thin soup to begin a meal serves the same purpose and helps to satisfy the appetite so that you eat less solid food. Drinking between meals when the stomach is empty does not cause dilatation. It is beneficial.

### BEST WAY TO TAKE INTERNAL BATH

A big drink, one pint of cold water, one hour before meals—with salt or without, depending on the needs—not only gives the stomach a good washing but the bowels a douche. It is a great help in overcoming constipation, and, as constipation is often a factor in overweight, is particularly desirable. Let it be a whole hour before the meal,[1] so that the stomach shall surely be empty as well as clean, and the digestive fluid normally concentrated when the next meal is introduced.

### HOW MUCH TO DRINK?

Drink a pint three times a day, and what you like besides. If you eat moist food in plenty, as soups, gravies, and many vegetables, you will need less than you will if your food is rather dry and solid. Do not be afraid of taking too much. Two and one-half or three quarts of fluid in twenty-four hours will never hurt you and may do you good.

[1] Cold drinks just before a meal, may cause indigestion.

### ARE YOU A SALT-EATER?

Excess water does not remain long in the system unless one eats too much salt. Take the *least* salt you like, instead of the *most* you like. If you are in the habit of eating your food briny and require a great deal of water in consequence, it may be you are water-logged. Take a salt-free diet for a month and continue the water. It will rid you of your excess fluid and salt. And do not repeat your folly.

### DO NOT INVITE THE UNWELCOME GUEST

Excess salt stimulates your appetite like all condiments. Why make trouble for yourself? And why make your tissues water-hungry by filling them with salt? You are big enough without water-soaking. But remember, the excess water will not remain in the tissues unless the extra salt is there first. You are more likely to drink too little than too much water.

### BE REGULAR AND BE HAPPIER

It pays to drink the same amount of water every day while you are reducing. Water does remain in the system for a few hours, sometimes longer, so that it is easy to discourage yourself by drinking a great deal on some days and too little on others. You may imagine you have lost excessively on the days you forget to drink, only to be horrified at the increased weight on the day you drink enough.

### ALL THE SAME IN THE END

The end results will be the same, but why give yourself such quivers of fear and disappointment alternating with false hopes? If it's thrills you wish, get them that way, but do not deceive yourself.

Remember again:

Losing water is not losing fat.

Going without water never contributes to healthy reduction.

Let us get thin healthily, drinking all the water we need, all the water we wish. Then we shall be comfortable and happy and preserve our beauty.

### RÉSUMÉ AND DEDUCTIONS

In a nutshell:

Protein
Minerals
Vitamins
Water

are Vital Foods because vital to the structure and function of bodily tissues and organs.

No reduction is rational or harmless that does not include in its dietary the normal amount of

Protein
Minerals
Vitamins
Water

### FREAK DIETS SILLY AND WRONG

No single article of food contains all vital constituents. No two or three foods contain all necessary elements. Any system of reduction depending upon only one or a very few articles of diet must be inadequate. The greater the variety of foodstuffs the more certainly will all needs be covered. Beware of all freak diets. This may sound very familiar to you—I should like to hammer it into your brain till forever a refrain would keep sounding accompaniment to your step all through your reduction journey: To get thin safely, happily, comfortably, and with no impairment of health, you must eat the food your body needs. That is the only kind of reduction worth having.

### DON'T FORGET YOU ARE MADE OF WHAT YOU EAT

If you put slate or chalk into foundation walls, make plaster of sand, and partitions of thin paper, you get a house of no value or resistance. What about your body, the house of your soul? Figuratively, it too may become paper, sand, and chalk, with no strength, resistance or vitality. To maintain a strong body, one must have proper food. A diet low enough to secure reasonable reduction, *if chosen wisely,* may contain an ample amount of good tissue-building material.

### DON'T BE PALE AND FLABBY

Maybe you know a few people who are always trying to keep thin, or get thin, who look anemic and are lifeless and without "pep." If you inquire into their diet you will find it is deficient in Vital Foods.

It isn't because they diet that they look so forlorn. It is because they do not diet correctly. It is not because they have reduced that they are haggard and spiritless. It is because they have reduced improperly. You will look and feel well because you will use correct methods. You will Grow Thin on Good Food.

# VI. THOSE FAT-MAKERS, FUEL FOODS

FUEL FOODS
SUGAR
FAT
STARCH
STARCH
SUGAR
FAT
SUGAR
FAT
STARCH

## VI

## Those Fat-Makers, Fuel Foods

NATURE furnishes Fuel Foods in profusion, in guises most alluring and combinations most delicious. Man, with ridiculous excess, concocts even more complex and delectable viands to his own destruction. Danger lurks where fuel foods abound. Their attractive appearance and luscious taste tempt one to forget that *All Unburned Fuel Foods Pile Up as Fat,* and that tho they may be our delight, they then prove our undoing.

### TOO HIGH A PRICE

The joy of epicurean feasts is never unalloyed to him who fears he will get fat. The chocolate cake, the cheese dreams, the parfaits, the plum puddings, and other foods, reeking with richness and fruitful of fatness, need be viewed with cold and calculating eye. "Shall I leave it on the table or put it on my body?" "How much fat will it make?" If one surrenders,—a few moments' gratification, but swift, sure retribution, chagrin and self-mortification. The penalty can not be evaded.

### TO FIGHT IS BETTER THAN TO PAY

And so we willingly take up the struggle. Avoiding fuel foods becomes our great concern. But how they assail us on every hand! Peeping out of store windows, they diabolically allure. Every newspaper carries their flamboyant ads, and bill-boards scream their charms. We can not escape them even at the movies, for pictures of people eating are forever being presented.

### THEIR NAMES

At the close of this chapter is a complete list for reference. For the present we need only to know that the fattening foods or fuel foods are the

1. Sugars,
2. Fats,
3. Starches.

## SUGARS

### LESS SUGAR BETTER FOR HEALTH

Most people eat too much. Most people who are overweight take care of sugar poorly, elaborating it on

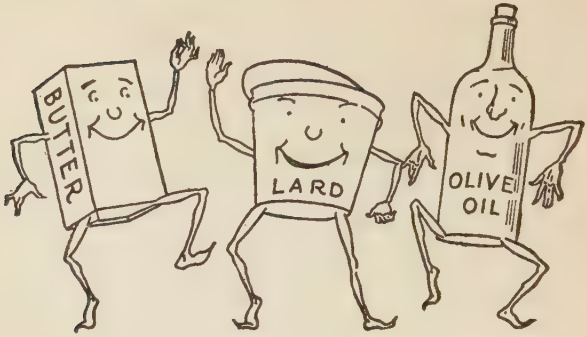
the low side of normal. This means they have a tendency to develop diabetes. There is no question but that the frightful increase in the incidence of diabetes bears a very real relation to the increased consumption of sugar. Most diabetics are fat before they are diabetic.

### NATURE'S LABORATORY FURNISHES SUGAR—

Enough for all our needs. Fruit, milk, even some vegetables contain sugar. Our craving comes, not from the body's need, but because we like the taste. A few writers contend that the natural sugars of fruits, honey, maple-sirup, etc., are superior to the commercial sugar from the standpoint of nutrition. Whether their contention is true or not, there is value in limiting oneself to the natural sugars in that much less sweet is taken because they are less agreeable. Far be it from me to call any theory hard names that is so salutary in practise.

### ALWAYS TASTES LIKE MORE

The concentration and allure of candy make it an especially dangerous form of sweet. One craves the second piece more than the first. On the other hand, the less one eats, the easier it becomes to do without. So take courage. When you do take candy or sweets, let it be a part of the meal, never between meals. In fact, nibbling or lunching on *anything* between meals will surely defeat reduction efforts.




## FATS

### HIGHLY CONCENTRATED FUEL FOODS

The less fat you take the better. One who eats meat, of a necessity gets a fat moiety, no matter how hard he tries to exclude it. Many foods contain a proportion of fat. An overweight person need have no fear of the fat-deficiency bugbear. Say "Good-by" to fat meat forever. Cut off every particle possible. Weak in vitamin content and every other value except its fuel contribution, it is suitable only for Mr. and Mrs. Slim Jim.

### BIRDS OF A FEATHER—ALL BAD ALIKE

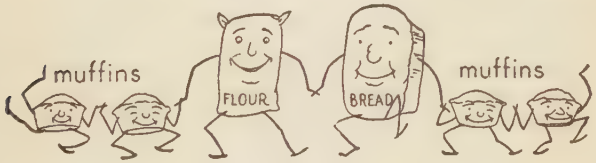
All vegetable fats and oils are of the same ilk, one nearly as fattening as another. None of them are for you. All animal and vegetable fats except those bearing vitamins are tabu to one who must fight overweight and are not to be tolerated even as a cooking vehicle. Fried foods, horribly indigestible to every

one, are to the fat nothing short of calamitous. Think of fat always as "grease." Shock your sense of the esthetic into a loathing for grease and greasy foods.

### WILL THIS HELP?

If you are eating more food than you can at once burn, the unburned animal fats and grease of the diet are not turned into human fatty tissue, but plaster themselves on your body, layer by layer, in the identical form in which they are eaten. Each kind of fat retains its distinctive character, so that in time you become, literally, part cow, part sheep, part pig. Think of it the next time a brown morsel of fat smiles at you from your plate. I am sure it will look less seductive to you.

N. B.—Bear in mind, that these directions concerning the taking of fat are for people who already have a superabundance. The undernourished and the underdeveloped come in a different class.




## STARCHES

### WE CAN NOT ELUDE THEM

They are to be found in so many foods that a mixed diet, no matter how carefully chosen, contains considerable starch. A low starch content is all we may hope to achieve, but that is quite sufficient. Body fat

alone does not make a good fire, but burns poorly like green wood. Some starch in the food acts like kindling, brightening the fires of the body which are consuming the excess fat. This is a very kind provision of Nature. It permits us to make our meals delicious and satisfying.

Fortunately starchy foods are rather filling. They are much bulkier than fats or sugars, and we are therefore less apt to overeat of them grossly, especially if from the diet we omit a few of those most dangerous. Much starch in the diet not only makes you fat, but causes indigestion with either diarrhea or constipation, flatulence and acid stomach. Have you noticed that everything you are to do or not to do to help your reduction is good for your health?

### OMIT THESE OR TAKE SPARINGLY

Fine white flour is principally starch, bad both for health and overweight. Sweet potatoes must be let alone during reduction, and Irish potatoes and Hubbard squash should be eaten sparingly, at least till you have attained more sylph-like proportions. Ripe beans and peas should be cooked plainly and taken in small portions.

### A LIST OF THE STARCHY VEGETABLES

Irish and Sweet Potatoes
Beans, except young String Beans
Winter Squash
Corn and Peas

## CELLULOSE—BULK, NOT FOOD

### ANOTHER VEGETABLE CONTRIBUTION

Entering in no way into body structure, nor contributing to body fires, but of great value in the animal economy is a substance called cellulose. It is not a food but a great friend. It forms the coarse part of vegetables, fruits, cereals, etc., giving the necessary bulk and roughage to our alimentary content. It also tends to prevent overeating of more concentrated foods by the feeling of satiety it gives. And still further, it is valuable because most foods rich in cellulose give generously to us the life-giving vitamins and minerals.

### LEARN TO EAT THESE

The skins and husks of vegetables, fruits and grains, as: apple skins, potato skins and bran. Even orange skins are acceptable if the yellow is removed. The outer husks of grains furnish us bran and a large proportion of cellulose. The whole grain products with their cellulose roughage, their life-giving vitamin and mineral, serve a variety of purposes, and may be incorporated in moderate amount in a reduction regimen.* At first the foods containing much roughage are not so well liked. But persist. You will learn to enjoy them much more than you ever did the fine devitalized forms.

*Good Reduction Measures again prove to be Good Health Measures.*

* It is assumed that you have normal alimentary organs. Only diseased conditions preclude the taking of diet roughage.

# VII. FUEL IN FIGURES

10¢
50¢
5¢
25¢
16¢
14¢
40¢
36¢
18¢
5¢
73¢
48¢
6¢

## VII

## Fuel in Figures

A NOTED physician of early times had a scale under the chair in which he sat to eat. As soon as he weighed a certain amount he stopped eating. Such crude methods are amusing to us who know that it is not by pounds and ounces of food that we get fat, but by the amount of fuel in our food.

Taking food is like stoking a furnace. We understand how much fuel a scuttle of coal furnishes, but how may we know how much fuel we are taking in our food? The man who ate by weight had no accurate way, but in recent years apparatus has been devised,—a closed receptacle for the experimental burning of foods. A register records the amount of heat produced.

By methods abstruse, which I need not detail, it was discovered that heat given off by burning food in this receptacle exactly equals the amount of heat produced in the body if one eats the same food. The heat produced is the heat value or fuel value of the food.

The knowledge gained by burning of the various foods is our guide. Burn an unknown food. Read the record on the scale. There you are, absolutely correct as to its fuel value in the body.

### THE MEASURING CUP

But there must be some way to *designate* the amount, some *name* to call the unit bunch of heat. As we have the pint to measure quantity, the pound to measure weight, we must have something to measure heat, and we take the "calory." There, I have said it. I know you hate the calory. My publisher told me so and said to leave it out. I tried, but it would not stay out any longer.

### BE NOT DISMAYED

For it is just a name for a bunch of heat. Maybe you know all about it. If not, think of a cup holding a certain amount of heat as a measuring cup holds a certain amount of any substance. Now close your eyes and rub your Aladdin's lamp; the cup becomes invisible, but the lump of heat remains. The amount of heat is one calory or a number of calories, depending on how large the amount. Or think of a lump of heat as you would a lump of coal or a scuttle of coal, 100 calories as you would 100 lumps, 100 scuttlefuls, etc.

### HEAT NOT AN INGREDIENT

You may have soft coal, hard coal, pea coal, or nut coal, but when you say scuttle of coal you do not think of the kind or quality of the fuel but just its amount. So when you say "calory," you have no reference to the kind or quality of food, only to the amount of fuel it gives you for your body furnaces.

### CALORIES NOT EVERYTHING

But, as you have observed, there is much of importance to know concerning food, other than the calories therein. The *value* of Vital Foods can never be expressed in calories. In other words, the fuel quality of food is a thing apart from its building quality.

If you are overweight, the calory is to you of great concern, but do not get the "Calory Complex" and forget all about the other uses of food. Restricting calories *must* be done to bring down the weight, but of paramount importance is the normal quota of *Vital Foods that health may be preserved.*

Remember that it is the Vital Foods that support the living body structures. Never can you afford to hold yourself for any length of time to a diet deficient in the life-giving properties supplied by the Vital Foods.

### NEITHER WEIGHT NOR BULK

A calory of food may be light or heavy, tiny or bulky. Such qualities have no bearing on the fuel value. For example: 100 calories of lettuce may represent two heads and weigh a pound, while 100 calories of oil or fat are but a tablespoonful and weigh only half an ounce.

### SEVERAL TERMS FOR THE SAME THING

We may say that a chocolate cream contains 100 *heat units,* or we may say it contains 100 *calories,* or that it

*furnishes,* or *produces* or *yields* 100 calories. The terms are interchangeable and mean the same thing. If food *contains* 100 calories, it is able to *furnish* that number to the body, because when burned in the body it *yields* or *produces* 100 calories or units of heat.

### HOW MUCH IS COMING TO YOU

Your activity has much to do with the amount you can allow yourself. Your weight is another factor—not the weight you are, but the weight you should be. Multiply the number of pounds you should weigh by 15, 20 or 25, according to the work you do, and you arrive at the calories that your body furnaces can burn each day.

### 15 CALORIES TO THE POUND PEOPLE

If you live a rather inactive life physically, you can burn but 15 calories to each pound of your normal weight.

If a man, you may be an executive or engaged in mental work which keeps you at your desk most of the time, possibly walking only a few blocks a day.

If a woman, you oversee your household but do little or none of the active work. You may read or sew some and have some social duties, but you use an auto largely instead of your feet and sit a great deal.

### 20 CALORIES TO THE POUND PEOPLE

People who are active but do not do *hard* work can burn 20 calories for each pound of their normal weight: a manager of a business demanding that he keep going in order to oversee the work in different parts of his establishment; any occupation which involves a great deal of walking without using great strength, or considerable nerve strain, or both.

A woman who does her housework except for the heavy work. Business women who have to keep moving—who have to hurry.

### 25 CALORIES TO THE POUND PEOPLE

To burn 25 calories to the pound of normal weight demands that the individual perform labor requiring great strength, or that the work require rapidity and the hours be long, or the nerve strain tremendous and associated with physical exertion.

### YOUR ALLOTMENT

If you need reducing, you belong to the 15 calories a pound class. You can not burn more or you would not pile up fat. If you are very fat, your burning power is necessarily poor.

TABLE—15 CALORIES TO THE POUND

| *WOMAN* | | | | *MAN* | | | |
|---|---|---|---|---|---|---|---|
| *Height* | | *Normal Weight* | *Maintenance* | *Height* | | *Normal Weight* | *Maintenance* |
| *Ft.* | *In.* | *Lbs.* | *Calories* | *Ft.* | *In.* | *Lbs.* | *Calories* |
| 5 | | 120 | 1800 | 5 | 4 | 136 | 2040 |
| 5 | 1 | 122 | 1830 | 5 | 5 | 140 | 2100 |
| 5 | 2 | 124 | 1860 | 5 | 6 | 144 | 2160 |
| 5 | 3 | 127 | 1905 | 5 | 7 | 148 | 2220 |
| 5 | 4 | 130 | 1950 | 5 | 8 | 152 | 2280 |
| 5 | 5 | 134 | 2010 | 5 | 9 | 156 | 2340 |
| 5 | 6 | 138 | 2070 | 5 | 10 | 161 | 2415 |
| 5 | 7 | 142 | 2130 | 5 | 11 | 166 | 2490 |
| 5 | 8 | 146 | 2190 | 6 | | 172 | 2580 |
| 5 | 9 | 150 | 2250 | 6 | 1 | 178 | 2670 |
| 5 | 10 | 154 | 2310 | 6 | 2 | 184 | 2760 |

Height taken in stocking feet.
Weight without clothing.

### THE MORE EXACT THE BETTER

Those of you who enjoy following a plan with precision and have time to delve into the reasons therefor will find the tables of food calories valuable. By using them you will obtain better results because you will follow the plans with greater accuracy. You will also be able to introduce modifications that will permit you to take more frequently the foods you like best. But you may follow the food programs without change and with most happy results, even tho you give the calory columns no attention.

### HAIRS ARE NOT SPLIT

It is to be understood that the figures of the food tables are approximate. That must necessarily be so. Foods of the very same kind are subject to variation. You have no doubt already noted disagreements between authors of authority. That is because the samples of food experimented with have been different.

### EXAMPLES OF FOOD VARIATIONS

One apple or orange may be much more fattening than another because larger, heavier, or containing more sugar. Fully developed corn, beans, and peas have a much higher caloric value than young, small specimens, especially if these are grown more rapidly and therefore contain a larger proportion of water. All vegetables follow this rule,—the older the more calories. Cream must be estimated according to thickness, and different samples of milk have different cream content, which tremendously changes the fuel value. Meat from which the fat has not been trimmed is vastly different from that which has been carefully prepared to eliminate all the fat calories (p. 88).

### PLAY SAFE WHEN IN DOUBT

When you find a disagreement as to the number of calories in a given amount of food, take the larger figure for your use. Remember that most food tables

have been prepared for the use of normal or underweight people, and error is apt to be on the side of safety for *them,* which is the *wrong* side of the danger line for *you.*

### BEST AUTHORITIES AVAILABLE

Every effort has been made in compiling the following tables to approximate correctness as closely as possible. The figures are quoted from reports by original investigators and outstanding authorities on foods. When they were found to be at variance, repeated weighings and measurings were made to determine which was the safe guide for you. The computations were made on the basis of authoritative experimental work supplemented by observations and verifications by the author. Many of the figures are published here for the first time.

### TABLES PRACTICAL

Accuracy alone considered, no standard but that of weight should ever be used in computing portions and calories. But weighing is not always practical. Cooked foods often would be spoiled for serving if every portion were weighed. Ordinary recipes are given in measures. And one tires of the nuisance of weighing. Therefore the following tables deal in measures, except the one for raw meats and fish which you will find valuable in educating your eye to proper portions.

Observe the shrinkage by cooking, and in a little time you will be able to estimate cooked portions with sufficient accuracy for practical uses.

Ounce values are also given for some foods bought in packages. The contents are marked on the packages, which makes it easy to compute portions.

### JUDGMENT NECESSARY

When one enters the domain of cooked foods, one invades a jungle of uncertainties unless the method of preparation is taken into consideration. Each ingredient must be counted, shrinkage noted, fuel value of sauces, etc., added. The tables give averages, when the method of cooking is not stated. Tables of averages are admittedly imperfect, but must serve, and are sufficiently accurate for practical purposes if used intelligently.

### ALL YOU NEED, BUT NO MORE

All but essentials are omitted in order to make the tables as simple and usable as possible. The column of protein calories will help you to select foods containing sufficient protein to cover needs, while the column of total calories will guide your restraint of fuel intake. The list, while restricted, covers all foods which you may eat during reduction and a few high caloried articles for contrast, to show you why you should eat them infrequently, if at all.

### BE ACCURATE IN MEASURING

All measures are to be considered level unless otherwise specified. Standard measuring spoons and an accurate half-pint graduated cup are implied, or better, Measuring Rings. These are metal rings which look like a section of a cup open above and below. Heat the ring and place on the serving plate; fill the ring; lift it and your accurate portion is left hot on the plate. The rings are in various sizes, ¼ cup, ⅓ cup, ½ cup. You may have rings of these measures made, if you are not able to purchase them.

## TABLES OF CALORY VALUES

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## ANIMAL PROTEIN FOODS

| RAW MEATS | *Total Calories in 1 Ounce* | *Protein Calories* |
|---|---|---|
| BEEF— | | |
| Round Steak, without bone, average as purchased | 46 | 23[2] |
| Round Steak, trimmed of visible fat | 34 | 27[2] |
| Round Steak (no fat) scraped balls (Ball ½ inch thick, 2 inches diameter = 1 ounce) | 32 | 27 |
| Tenderloin, no bone, average | 83 | 15[2] |
| Tenderloin, free fat trimmed away | 34 | 26[2] |
| Tongue | 68 | 20[3] |
| CHICKEN— | | |
| Broilers, free fat trimmed away | 35 | 25 |
| LAMB— | | |
| Leg, no bone, free fat trimmed away | 40 | 29 |
| Chop, as purchased, average | 82 | 18[2] |
| Chop, no bone, free fat trimmed away | 67 | 23 |
| MUTTON— | | |
| Chop, as purchased, average | 90 | 16[2] |
| Chop, no bone, free fat trimmed away | 74 | 27 |
| PORK— | | |
| Tenderloin, no bone, as purchased, lean | 56 | 23[2] |
| Tenderloin, free fat trimmed away | 40 | 30 |
| Bacon—varies with amount of lean | 165-180 | 10-12 |
| Ham, fresh, no bone, as purchased | 91 | 18 |
| Ham, smoked, no bone, as purchased | 117 | 19 |
| SQUABS—dressed and drawn | 80 | 22 |
| TURKEY—young, light meat | 53 | 30 |
| young, dark meat | 77 | 25 |
| VEAL— | | |
| Leg, no bone, fat trimmed away | 30 | 24 |
| Chop, as purchased with bone, lean specimen | 30 | 18[2] |
| Chop, without bone and trimmed of all fat | 36 | 22 |

[2] Atwater & Bryant.
[3] Fenger, Frederick.

## ANIMAL PROTEIN FOODS—*Continued*

| | *Total Calories in 1 Ounce* | *Protein Calories* |
|---|---|---|
| VEAL—*Continued* | | |
| Sweetbreads, neck, trimmed of visible fat and fibrous matter | 21 | 21 |
| Sweetbreads, intestinal (heart) trimmed | 38 | 23 |
| Tongue | 53 | 18[4] |

### RAW FISH

| | | |
|---|---|---|
| LEANER VARIETIES with all non-edible portions removed before weighing | | |
| Bass | 29 | 21 |
| Brook Trout | 27 | 22 |
| Blue Fish | 25 | 22 |
| Cod, steaks | 20 | 19 |
| Flounders, as purchased | 8 | 8 |
| Frog's Legs, as purchased | 12 | 12 |
| Haddock | 20 | 20 |
| Muskellunge | 29 | 25 |
| Red Snapper | 25 | 22 |
| Smelt | 25 | 20 |
| Turtle | 24 | 22 |
| FAT VARIETIES, non-edible portions removed (except bones) | | |
| Eels | 45 | 21 |
| Halibut Steaks | 35 | 17 |
| Herring and Mackerel | 40 | 21 |
| Oysters—solid meat (1 cup, 100 calories, 50 protein cal.) | 14 | 7 |
| Perch | 31 | 22 |
| Salmon Steaks | 57 | 25 |
| Shad | 46 | 21 |
| Shad Roe | 36 | 24 |
| Terrapin | 33 | 24 |
| Trout—Lake | 47 | 20 |
| White Fish | 43 | 26 |

[4] Moulton, C. Robert.

## ANIMAL PROTEIN FOODS—*Continued*

### COOKED MEATS

| | *100 Calory Portions* | *Protein Calories* |
|---|---|---|
| BEEF— | | |
| Corned, boiled lean | 2½ by 4½ by ½ inch | 53 |
| Dried, shaved | 3 slices, 3 by 4 inches | 70 |
| Hamburg, broiled | 2½ diameter by ⅞ inch | 55[1] |
| Rib Roast | 5 by 2½ by ¼ inch | 46[1] |
| Round Steak | 3 by 3 by ⅜ inch | 60 |
| Sirloin, lean | 2 by 1½ by ¾ inch | 50[1] |
| Tongue | 2 slices, 2 by 2½ by ⅛ inch | 22 |
| Lean end | 3 slices, 2 by 2½ by ⅛ inch | 50 |
| CHICKEN— | | |
| Roast, average | 1 slice 4 by 2½ by ¼ inch. | 50[1] |
| *Broiler, en casserole, p. 121 | ½ breast, no fat | 80 |
| thigh 65 calories | | 52 |
| leg 50 calories | | 40 |
| wing 45 calories. | | 36 |
| | 1/3 cup cut for salad (lean only) | 80 |
| LAMB— | | |
| Leg Roast | 3 by 5 by ⅛ inch | 40 |
| Chop, broiled center | 2 by 2 by ½ inch | 40[1] |

[1] Rose, Mary Swartz, "Feeding the Family." (Macmillan Co.)
* Weight of broiler plucked but undressed (as purchased) 2½ pounds.

## ANIMAL PROTEIN FOODS—*Continued*

| | *100 Calory Portions* | *Protein Calories* |
|---|---|---|
| MUTTON— | | |
| Leg Roast | 3 by 3¾ by ⅛ inch | 35[1] |
| PORK— | | |
| Chop, clear lean meat | 2 by 2½ by ⅜ inch | 50 |
| Roast, lean rib | 3 by 2½ by ⅛ inch | 50 |
| Ham, smoked, shaved (factory boiled) | 2 pieces each 4 by 4 inches | 30 |
| Bacon, shaved thin | 5 pieces, each, raw, 1¾ by 8 (10 teaspoons fat fried out) | 5 |
| Frankforts | 1 small | 30[1] |
| Sausage, well cooked and drained | 1 2/3 sausages each 3 by ¾ inch after cooking | 20[1] |
| VEAL— | | |
| Round, broiled, trimmed | 3 by 3 by ½ inch | 90 |
| Roast | 4 by 4 by ⅛ inch | 70 |
| Chops, en casserole or broiled | 2 by 4 by ½ inch | 60 |
| Sweetbreads, neck (boiled) | ½ cup small pieces | 99 |
| Tongue | 5 slices 1½ by 3 by ⅛ inch | 35 |

## COOKED FISH

| | *Size of Cooked Portions* | *Total Calories* | *Protein Calories* |
|---|---|---|---|
| CODFISH BALLS | one—2 inches diameter | 100 | 14[1] |
| CODFISH, creamed | ½ cup | 100 | 32[1] |
| HALIBUT STEAK | 3 by 2¼ by 1 inch | 100 | 61[1] |
| SMALL FISH—each ½ pound as purchased—boned, fat trimmed, broiled or baked: tail-end 6 inches long, 3 inches wide at base | | 100 | 75 |

## ANIMAL PROTEIN FOODS—*Continued*

| | *Size of Cooked Portions* | *Total Calories* | *Protein Calories* |
|---|---|---|---|
| TROUT—boiled, broiled or baked, not boned, fat trimmed away, 5 oz. before cooking | 3 by 2 by ⅞ inch | 175 | 115 |
| WHITEFISH — broiled or baked, boned, fat trimmed away | 2½ by 4 by ⅜ inch | 135 | 125 |

### SHELL FISH—Canned or boiled, solid meat[1]

| | | | |
|---|---|---|---|
| CRABMEAT | ¾ cup | 100 | 50 |
| CLAMS | 2/3 cup | 100 | 55 |
| LOBSTER | ¾ cup | 100 | 85 |
| SCALLOPS | ¾ cup | 100 | 80 |
| SHRIMPS | ½ cup | 100 | 90 |

### OTHER PRESERVED FISH

| | | | |
|---|---|---|---|
| CODFISH — salted, edible portion | 1 ounce | 30 | 29 |
| HADDOCK—smoked, edible portion | " | 27 | 26 |
| HALIBUT—smoked, edible portion | " | 62 | 23 |
| HERRING—smoked, edible portion | " | 40 | 22 |
| SARDINES in oil—edible portion, 3 to 6 fish | " | 100 | 26 |
| SARDINES in mustard—edible portion, 3 to 6 fish | " | 50 | 26 |
| SALMON, canned | ½ cup, scant | 100 | 45 |
| TUNA, canned without oil | ½ cup | 63 | 45 |

| DAIRY PRODUCTS | | Total Calories | Protein Calories |
|---|---|---|---|
| BUTTER (Creamery or Dairy) | 1 cup | 1750 | 8 |
| | 1 tablespoon | 109 | 0[1] |
| | 1 by 1 by ⅞ inch | 100 | 0 |
| BUTTER (Stretched) p. 131 | 1 by 1 by ¼ inch | 20 | 0 |
| CHEESE—American | 1⅛ inch cube | 100 | 26[1] |
| American grated | 1 tablespoon | 16 | 4[1] |
| Full Cream | 2 by 1 by ⅜ | 100 | 25[1] |
| Neufchatel | 2 tablespoons | 100 | 23[1] |
| COTTAGE CHEESE (Home-made) p. 163 | 1 cup | 188 | 121 |
| CREAM, thin | 1 cup | 400 | 20 |
| | 1 tablespoon | 30 | 1 |
| CREAM, thick | 1 cup | 900 | 15 |
| | 1 tablespoon | 70 | 1 |
| CREAM, whipped | level tablespoon | 30 | |
| | heaping tablespoon | 60 to 100 | |
| EGG | 1 med. size 1¾ oz. | 75 | 27 |
| Yolk | 1 | 57 | 10 |
| White | 1 (1/10 lost in poaching) | 18 | 18 |
| ICE-CREAM (commercial) | ¼ cup | 100 | 6[1] |
| ICE-CREAM Cone | 1 (Ice-cream 75, Cone 15) | 90 | 4 |
| ICE-CREAM SODA (with fruit) | 1 glass | 225 | 5 |
| MILK, whole | ¾ glass (6 ounces) | 120 | 25 |
| | 1 cup—½ pint | 160 | 30 |
| MILK, skimmed, sweet or sour, or buttermilk | ¾ glass | 65 | 24 |
| | 1 cup—½ pint | 88 | 32 |
| | 1 tablespoon | 7 | 2 |
| MILK, condensed, unsweetened | 1 tablespoon | 27 | 6 |
| | 1 teaspoon | 9 | 2 |

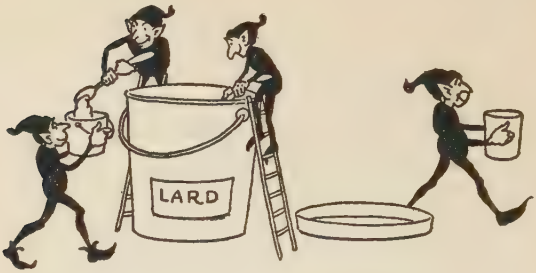
[1] "Feeding the Family," by Mary Swartz Rose. (Macmillan Co.)

| SUGARS AND SWEETS | Portion | Total Calories | Protein Calories |
|---|---|---|---|
| HONEY—strained | 1 tablespoon | 100[1] | |
| SUGAR— | | | |
| brown | 1 cup | 625[1] | |
| granulated | 1 cup | 840[1] | |
| | 1 tablespoon | 60 | |
| | 1 teaspoon | 20 | |
| loaf | One small domino | 25 | |
| maple | 4 teaspoons | 100[1] | |
| | 1 pound | 1502[1] | |
| powdered | 1 tablespoon | 50[1] | |
| SIRUP— | | | |
| corn | 1¾ tablespoon | 100[1] | |
| maple | 1½ tablespoon | 100[1] | |
| molasses | 1½ tablespoon | 100[1] | |
| SWEETS—Cakes vary with recipe | | | |
| Candied cherries | 10 cherries | 100 | 1[1] |
| Caramels, choc. nut. | One, 1 by 1 by 1 inch (scant) | 100 | 4[1] |

## SUGARS AND SWEETS—*Continued*

| SWEETS—*Continued* | *Portion* | *Total Calories* | *Protein Calories* |
|---|---|---|---|
| Chocolate creams | One medium size | 100 | |
| Chocolate Fudge | 1 by 1½ by ¾ inch | 100 | 2 |
| Chocolate (milk) | 2¼ by 1 by ⅛ inch | 100 | 1[1] |
| Doughnuts | 1 medium size | 200 up | 12 |
| Jams and Jellies | 1 heaping teaspoon, or 1 level tablespoon. | 75 | |
| Cranberry Jelly | ¼ cup | 120 | |
| Lady-fingers | 3 double, iced thinly | 100 | 10 |
| PIES—Usual home-made | | | |
| Pastry for 9-inch pie, | 2 crusts | 1100 | 63 |
| Apple Pie | 1 piece —1/6 of pie, 9 inches in diameter | 440 | 13 |
| Cranberry | 1/6 of a pie | 450 | 12 |
| Cream Meringue | " | 275 | 34 |
| Custard | " | 225 | 39 |
| Lemon Meringue | " | 335 | 26 |
| Mince | " | 500 | 39 |
| Pumpkin or Squash | " | 350 | 34 |
| Rhubarb | " | 475 | 14 |

Omitting the top crust takes 80 calories from each piece. As the fuel value of pastry varies with the ingredients, you will find it advantageous as well as interesting to compute carefully the calories of your recipes. If your own pie is not so rich, you may take of any food you choose enough to make up the difference.




| FATS | Portion | *Total Calories* | *Protein Calories* |
|---|---|---|---|
| Bacon—as purchased | 1 ounce | 177 | 11 |
| Butter | 1 cup | 1744 | 8[1] |
| | 1 tablespoon | 109[1] | |
| | 1 by 1 by 7/8 inch | 100 | |
| Cream and Cheese (p. 93). | | | |
| Chocolate—unsweetened | 1 ounce | 180[2] | |
| unsweetened grated | 1 tablespoon | 29[1] | |
| Cocoa | 1 ounce | 145[2] | |
| | 1 tablespoon | 25[2] | |
| Coco-et | 1 ounce | 120* | |
| | 1 tablespoon | 21 | |
| Drippings | 1 tablespoon | 100 | |
| Lard | 1 cup | 1914 | |
| | 1 tablespoon | 117 | |
| Lard Substitutes—average | 1 tablespoon | 100 | |
| Mineral Oil | | 00 | |

| FATS—*Continued* | *Portion* | *Total Calories* | *Protein Calories* |
|---|---|---|---|
| NUTS—edible portion[1]... | | | |
| Almonds | 1 cup | 585 | 76 |
| Almonds | 1 ounce | 184 | 24 |
| BRAZIL NUTS | 1 ounce | 198 | 19 |
| COCONUT, shredded | 1 cup | 535 | 20 |
| (as purchased) | 1 tablespoon | 100 | 3 |
| PEANUTS | 1 cup | 575 | 108 |
| | 1 ounce | 155 | 29 |
| PECANS | 1 cup | 1145 | 60 |
| | 1 ounce | 208 | 11 |
| WALNUTS, English chopped | | | |
| | 1 cup | 600 | 63 |
| | 1 ounce | 200 | 21 |
| OLEOMARGARIN | 1 tablespoon | 105[1] | |
| OLIVE OIL | 1 tablespoon | 100[1] | |
| PEANUT BUTTER | 1 level tablespoon | 120 | 23 |

* Work of de-fatting coco-et is being improved, so that shortly a much lower caloried product will be available.

[1] Rose, Mary Swartz.

[2] Atwater & Bryant.

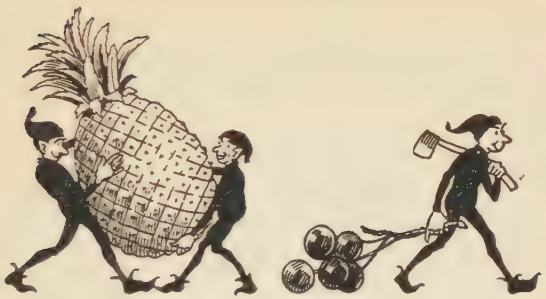
| STARCHY FOODS | Portion | Total Calories | Protein Calories |
|---|---|---|---|
| BARLEY—pearl | 1 cup | 755 | 72[1] |
| *BRAN— | | | |
| unwashed | 1 cup | 160 | 31 |
| washed | | 000 | 00 |
| BREADS—Baker's | | | |
| white | 4 by 4½ by ½ inch | 100 | 11 |
| graham | 4 by 3½ by ½ inch | 100 | 12 |
| BREADS—Home-made | | | |
| white | 4 by 3½ by ½ inch | 100 | 12 |
| whole wheat and white | 4 by 3½ by ⅜ | 100 | 15 |
| whole wheat | 2½ by 3 by ½ | 100 | 17 |
| BREAD CRUMBS— | | | |
| soft | 1 cup | 147 | 21[1] |
| stale | 1 cup | 239 | 34[1] |
| oven dried | 1 cup | 373 | 52[1] |
| CORN-FLAKES | 1 heaping cup (1 ounce) | 100 | 6 |

* Most authorities give a higher fuel value to the cup of bran, but repeated weighings prove the standard cup capacity to be 48 grams of perfectly dry bran. Hutchison in *Food and Dietetics* as published by Wm. Wood and Co. gives the caloric value of bran 100 calories in 30 grams which determines the cup to represent 160 calories.

[1] Rose, Mary Swartz.

| STARCHY FOODS—*Continued* | *Portion* | *Total Calories* | *Protein Calories* |
|---|---|---|---|
| Corn-Meal | 1 cup | 535 | 60 |
| Corn-Meal Mush (made of 3 tablespoons meal) | ¾ cup | 100 | 9 |
| Corn-Starch | 1 tablespoon | 34[1] | |
| Cracker crumbs | 1 cup | 480 | 48[1] |
| | 1 tablespoon | 30 | 3 |
| Crackers— | | | |
| graham | 2 single | 100 | 9[1] |
| oyster | 24 | 100 | 10[1] |
| salted wafers | 2 — double | 100 | 10 |
| soda | 3 | 100 | 10 |
| Uneeda Biscuit | 4 | 100 | 10 |
| Flours: | | | |
| Wheat Flours—unsifted bread flour (spring wheat) | 1 cup | 500 | 64 |
| | 1 tablespoon | 33 | 4[1] |
| bread flour, sifted | 1 cup | 450 | 58 |
| pastry or cake flour | 1 cup, sifted | 353 | 45 |
| Whole Wheat Flour | 1 cup, unsifted | 585 | 91 |
| Grape-Nuts | ¼ cup | 110 | 14 |
| Hominy—cooked | ½ cup | 75 | 7 |
| Macaroni—raw | 1 cup inch pieces | 355 | 53 |
| well boiled | ½ cup | 100 | 13 |
| Noodles—home-made | 1 cup broken pieces | 300 | 48 |
| boiled | ½ cup | 60 | 19 |
| Oats—rolled | 1 cup | 373 | 63 |
| Oatmeal—mush (made of ¼ cup rolled oats) | ⅜ cup | 100 | 14 |

| STARCHY FOODS—*Continued* | *Portion* | *Total Calories* | *Protein Calories* |
|---|---|---|---|
| Pop-corn—well popped | 1½ cup (raw ⅛ cup) | 100 | 11[1] |
| Post Toasties | 1 level cup (1 ounce) | 100 | 6 |
| Rice | 1 cup | 695 | 64 |
| Rice—boiled 20 minutes (made of ¼ cup raw) | 1 cup | 175 | 16 |
| Rolls, French or Vienna | 1 ounce | 80 | 9 |
| | 1 roll—1¼ to 2 ounces | 100-160 | 12-19 |
| Rye Flour | 1 cup | 546 | 43 |
| Shredded Wheat Biscuit | One | 100 | 13[1] |
| Spaghetti—raw | ¼ cup (1 ounce) | 100 | 13 |
| Tapioca | 1 cup | 640 | 3[1] |
| Vermicelli—raw | 1 cup broken pieces | 250 | 32 |
| | 1 ounce | 100 | 13 |
| Waffles | One—6 inches | 250 | 14[1] |
| Wheaties, or any other flaked toasted Whole Wheat breakfast food | 1 cup | 150 | 21 |
| Yeast—compressed | 1 cake | 19 | 6 |



## FRUITS

| | *100 Calory Portions* | *Protein Calories* |
|---|---|---|
| APPLES— | | |
| raw | 1 good size (7½ ounces) | 2 |
| baked | 1 same size before baking | 2 |
| APPLESAUCE | 3/5 cup (p. 163) | 1 |
| APRICOTS— | | |
| canned | 3 large halves with 2 tablespoons juice | 5[1] |
| dried, stewed | ⅜ cup (p. 160) | 4 |
| BANANAS | One, 5½ inches long | 5 |
| BLACKBERRIES— | | |
| fresh | ½ cup | 9[1] |
| canned | ¼ cup | 2[1] |
| CANTALOUP | One—4½ inches diameter | 6[1] |
| CHERRIES | 1 cup | 5[1] |
| CRANBERRIES—fresh | 2 cups | 3[1] |
| CURRANTS—fresh | 1½ cup | 11[1] |
| DATES | 3 or 4 | 2[1] |

[1] Rose, Mary Swartz.

| FRUITS—*Continued* | *100 Calory Portions* | *Protein Calories* |
|---|---|---|
| *Fruit Juices | 1 cup | |
| Figs | 1 very large | 4 |
| Grapes— | | |
| Concord | One 5 ounce bunch | 5 |
| Malaga | 22 medium size | 5[1] |
| ½ Grapefruit (3 inches net diameter, 65 calories) | 2/3 cup solid pieces and juice | 7 |
| Huckleberries— | | |
| fresh | 1 cup | 3[1] |
| canned | 2/3 cup | 2 |
| Lemons | 2½ or 3—weight 11 ounces | 9 |
| Lemon-Juice, 1 tbsp. 5 cal. | 1⅛ cup[1] | 0 |
| Muskmelon | 3 inch slice of a melon 8 inches in diameter | 5 |
| Oranges — (Av. 2⅛ inches diameter inside skin=50 calories) | 1 9½ ounces 2⅞ inches diameter inside skin | 6 |

Oranges that are very heavy have more calories than light ones.

| | | |
|---|---|---|
| *Orange—juice and pulp or sliced orange and juice | ¾ cup | 6 |

* Standard figures are available for the fuel values of fruit juices, but you will be safer to take whole fruits instead of the juice only. Experiment by squeezing the juice from 100 calory oranges and see how many it takes to make a cup of juice. The whole fruits are more valuable food than the juices alone, while the calories are chiefly in the juice.

## FRUITS—*Continued*

| *100 Calory Portions* | | *Protein Calories* |
|---|---|---|
| PEACHES— | | |
| fresh | Two, weight nearly 10½ ounces | 6 |
| canned | 2 large halves with 3 tablespoons juice | 6[1] |
| dried, stewed | ½ cup | 2[1] |
| PEARS— | | |
| fresh | One, weight 6½ ounces (very large) | 3 |
| canned | 2 halves with 3 tbsp. juice | 2 |
| PINEAPPLE— | | |
| fresh | 2 slices, each 1 inch thick | 4[1] |
| canned | 1 slice and 3 tablespoons juice | 1[1] |
| canned, shredded | ¼ cup | 1[1] |
| PLUMS | 3 or 4, total weight 4¼ ounces | 4 |
| PRUNES—stewed | 2 with 2 tablespoons juice | 2[1] |
| PRUNEPULP | 2 tablespoons | 2[1] |
| RAISINS | ¼ cup (1 large raisin, 5 calories) | 3[1] |
| RASPBERRIES— | | |
| fresh | 1 cup, not packed | 8 |
| canned | ½ cup | 8 |
| RHUBARB—fresh | 4 cups of 1 inch pieces | 10[1] |
| STRAWBERRIES— | | |
| fresh | 1 1/3 cup, not packed | 10[1] |
| canned | ½ cup | 10 |
| WATERMELON — (edible portion) | ¼ section, 1⅝ inch thick radius 4 inches | 5 |

## VEGETABLES

| Plain, boiled, or raw, as specified — *Portion* | *Total Calories* | *Protein Calories* |
|---|---|---|
| ASPARAGUS .....9—4 inch canned tips, med. size..... | 30 | 10 |
| 6—6 inch fresh stalks, medium size..... | 30 | 10 |
| ARTICHOKE .....1 medium size..... | 55 | 7 |
| BEANS — String, fresh boiled or canned.....¼ cup..... | 30 | 7 |
| Very young, no beans1/3 cup..... | 30 | 7 |
| BEANS—Lima, young....½ cup..... | 100 | 23[1] |
| BEANS—canned, baked...1/3 cup..... | 100 | 21[1] |
| BEANS—dry, navy.....1 cup..... | 684 | 179[1] |
| BEETS — chopped, cooked ¼ cup with 1 tablespoon juice ..... | 30 | 4 |
| BEETS, sliced.....1/3 cup with 1 tablespoon juice..... | 30 | 4 |
| BEET GREENS .....¼ cup..... | 30 | 3 |
| BRUSSELS SPROUTS–cooked½ cup..... | 30 | 6 |

[1] Rose, Mary Swartz.

| VEGETABLES—*Continued* | *Portion* | *Total Calories* | *Protein Calories* |
|---|---|---|---|
| CABBAGE—raw, shredded | 1½ cup | 30 | 6 |
| cooked, shredded | ½ cup | 30 | 6 |
| CAULIFLOWER—cooked | ½ cup | 30 | 7 |
| CARROTS—young | | | |
| cooked, minced | 1/3 cup | 30 | 3 |
| cooked, sliced | ½ cup | 30 | 3 |
| raw | 4, each 4 inches long (1 inch average diameter) | 30 | 3 |
| CELERY—raw, finely cut | 1/3 cup | 8 | 2 |
| heart | 1½ inch thick, 5 inches long | 15 | 3 |
| stewed | ½ cup | 30 | 7 |
| CORN—fresh | 1 young 6 inch ear | 50 | 6[1] |
| raw, cut from cob | ½ cup | 100 | 12[1] |
| canned | 1/3 cup | 100 | 11[1] |
| CUCUMBER—raw, medium size | 1 inch section | 6 | 1 |
| ENDIVE | Large Salad | 10 | 2 |
| KOHLRABI—young, raw or cooked | ½ cup of ½-in. cubes | 30 | 5 |
| LETTUCE—raw | 1 large heart | 30 | 7 |
| | 1 large serving | 10 | 2 |
| | Garnish for salad | 1-2 | |
| MUSHROOMS—raw | 2 ounces, as purchased | 25 | 7 |
| canned or stewed | 3/5 cup | 100 | 8[1] |
| | ⅛ cup | 21 | 2 |
| OLIVES | 2 medium size | 30 | |

| VEGETABLES—*Continued* | *Portion* | *Total Calories* | *Protein Calories* |
|---|---|---|---|
| ONIONS—raw | | | |
| young, green | 1¼ inch circumference 2 inches long | 2 | |
| large white | 2½ by 1⅜ | 40 | 5 |
| sliced | 1 cup (cook to ⅝ cup) | 75 | 10 |
| heart | 1 by 1⅜ | 10 | 1 |
| chopped | 1 tablespoon | 10 | 1 |
| ONIONS—imitation fry | ¼ cup | 30 | 4 |
| PARSNIPS—raw or boiled | One 5-inch long, large diameter 1½ inch | 30 | 3 |
| peeled, boiled | 1/3 cup ⅛ inch slices | 30 | 3 |
| PEAS — small, green, cooked or canned | | | |
| (without liquor) | 1/3 cup | 45 | 13 |
| dry, raw | 1 cup | 675 | 187[1] |
| POTATOES—white raw | One (5¼ ounce) 2 by 2½ by 2½ inches | 100 | 11 |
| white baked | (shrinks ¼ inch) | 100 | 11 |
| chips | 1 cup | 230 | 12 |
| | 2 heaping tablespoons | 115 | 6 |
| mashed | ½ cup (no butter) (with 1 tablespoon milk) | 100 | 8 |
| sweet | One 4½ by 1⅝ inch raw 3 ounces (baked 4 by 1½ inch) | 100 | 6 |
| PUMPKIN—canned | 1 cup | 70 | 7[1] |
| RADISHES | 4 rose buds | 10 | 2 |
| RUTABAGAS—mashed | 1/3 cup (very moist) | 35 | 4 |
| raw or cooked | ½ cup ½ inch cubes | 35 | 4 |
| SAUERKRAUT—raw | ¾ cup | 30 | 7 |
| cooked | ½ cup | 30 | 6 |

| VEGETABLES—*Continued* | *Portion* | *Total Calories* | *Protein Calories* |
|---|---|---|---|
| Salsify — sliced raw or cooked | ½ cup | 30 | 11 |
| Spinach — chopped (boiled) | ¼ cup | 15 | 3 |
| Squash—boiled | ¼ cup, very moist | 30 | 2 |
| baked, mashed | ¼ cup | 60 | 4 |
| Tomatoes—raw | One, 2 by 2¼ by 2½ inches (4½ ounces) | 30 | 5 |
| canned or stewed | ½ cup | 30 | 5 |
| Tomato Catsup | 1 tablespoon | 10 | |
| Turnips—boiled | ½ cup ½ inch cubes | 30 | 4 |

# VIII. TRICKS IN COOKERY

TRICKS IN COOKERY

## VIII

## Tricks in Cookery

THERE are tricks in cooking that "show the stretch of human brain"; and, better still, they show you clever ways of stretching food. You do not have to be an expert cook to possess the box of tricks. The directions are so simple you will be surprized. It is much easier to cook the foods in the ways described than to concoct the rich dishes you have been eating. Just go ahead and follow directions. And you may eat the good food with the utmost enjoyment knowing it is what you need; and at the same time you will be happy to see your fat disappearing. How much better than starvation diet! What a comfortable way to get thin!

### SQUEEZE THE CALORIES

Half your triumph comes through your methods of food-preparation. You have no idea how often you have eaten two meals when it has seemed but one. Think of it. One whole meal hidden inside the other! On the other hand, by careful selection and preparation a meal of low calories may be made to satisfy and to appear quite generous. "Shun Ingredients" is to be your slogan. It is so much pleasanter than going with-

out. You will hardly know that your food is not prepared in the usual way.

### ETERNAL VIGILANCE

Fat and sugar are such insinuating rascals that you must watch them every moment. An eye must be kept on starch; and even meat, your protein standby, will bear scrutiny, because try as you will to trim and discard it, some fat always remains.

## MEATS

The meat of choice is that from which the fat can be removed most successfully. In general, veal best satisfies this requirement. The preference between the different kinds of meat is to be measured by the amount of fat contained. The lean, if it is *all* lean, differs little, if any, in fuel value, no matter from what animal derived. And the lean part carries the good flavor.

### YOUR WORST ENEMIES

As a rule, pork and mutton are liberally infiltrated with particles of fat that defy removal, tho beef sometimes is as bad. Lamb follows in the procession of fatty meats. Turkey, goose, and duck are best let alone during reduction for the same reason, while baked smoked ham is your worst enemy. Curing, evaporation, and baking have concentrated the whole and diffused the fat throughout the lean.

### YOU MAY HAVE TO GO TO MARKET

In order to know the desirability of a certain meat, it must be examined. If filled in every portion with tiny flecks of fat, discard it. Choose that which has its fat in large masses and whose lean is really lean. Then the fat may be removed, and you have not only a less fattening meat, but a better meat for the maintenance of your tissues. Remember it is the lean portion that builds. And your taste soon becomes educated so that you like the lean better.

### WHAT'S IN A NAME

You will learn much by this inspection method. Beef sirloins, porterhouse and roasts are usually too fat to use, while most round steaks are suitable. In fact, the round of all meats is a favored cut for obvious reasons. The lean centers of chops are fairly clean of fat, and any meat cleared of its fat is all right, no matter what cut or kind. Even lean pork tenderloin may be successfully trimmed.

### A COMPARISON (EDIBLE PORTIONS OF MEAT)

| | | | | |
|---|---|---|---|---|
| Lean round of beef..... | 46 | calories | per | ounce |
| Average fat round of beef.... | 60 | " | " | " |
| Average sirloin, approx..... | 71 | " | " | " |
| Average porterhouse..... | 80 | " | " | " |
| Fat rump roast..... | 114 | " | " | " |

Step by step we mount to higher fuel values, each step representing an added accretion of fat, till the fattening properties increase to: *fat rump roast*—114 calories an ounce, more than two and one-half times the lean round; and yet all is beef.

### IT SHOWS THE VALUE OF TRIMMING

Which should be done ruthlessly that your meat may have the lowest possible amount of fat. And trimming should be done *before* the cooking. Otherwise much fat cooks into the lean, and there is no way of getting rid of it. What is the sense of eating something which you do not need, which you can not see, which just hides in the corners ready to pounce on you and make you fat? Away with it!

### KITCHEN SCALES TOO

Not only marketing and trimming need personal attention, but the one who is supervising food selection and preparation should take a little course in weighing till the eye and judgment are educated to fairly accurate estimates.

If you wish to get the best results, both weighing and measuring should continue through the first reduction period. By that time, education will be fairly complete, and estimates will suffice. And you have no idea how much fun you will get from the weighing and measuring.

### FLAVORING BROTHS

Broths made from meat furnish some protein, but it is difficult to measure accurately; and for your use is recommended a broth, the calories of which you need not count. Another trick, you see! Steal a little fluid from each day's cooking of your meat, and put it in a pot which we shall label "Flavoring Broth." Add to this the scrapings of your own cooking vessel by adding water after removing meat and taking every morsel of the deliciously flavored brown. This "flavoring broth" may be used for soup or sauces, gravies, or wherever added flavor is desired; and it adds not a calory to your ration, for the meat calories have already been reckoned. Gelatin broths are easily measured and easily made.

### VEGETABLE BROTHS

Save also the fluid of vegetables that you have found impossible to cook into them. It contains valuable mineral and may be used to improve your flavoring broths. To get nourishment minus calories is a trick worth knowing. If liked better, a small piece of bouillon cube may be added to your flavoring broths.

### NOTHING TO IT

Bouillon cubes are not food, popular conception to the contrary notwithstanding. They have a slightly

stimulating effect which strengthens the delusion that they have food value. You may use them moderately for flavoring, not only in soups but in other foods. Taken lavishly they tax the kidneys, which excrete them in toto. One or two bouillon cubes a day will keep well inside all possibility of strain and will be ample for your satisfaction.

### GRAVIES AND SAUCES

India gum may be used for thickening some of the flavoring broth. With a very little flour added, it can not be detected; it makes a low caloried accompaniment for meat and vegetables, and obviates the dryness which one sometimes notices in a fat-free diet. Some like the gravies thickened entirely with India gum. A very dainty sauce may be prepared in this way. India gum is a wholesome vegetable product and has no taste, no calories. It needs to be prepared a short time before using, but if kept clean and in a cool place, enough may be mixed at once to serve several days or a week. The gum does not need cooking, but after it has been added to a dish, good beating is necessary to give it smoothness.

### HOW TO PREPARE THE INDIA GUM

1 teaspoon of India gum. Add
1 teaspoon of water and mix. Add
1 teaspoon water and mix again.
Repeat till you have enough to beat with a small rotary beater. Then add

⅛ cup water and beat smooth. Continue to add the water a little at a time, beating till
½ cup has been used.
If all the water is added at once, it is difficult to get a smooth mixture.

Why eat a rich sauce when a plain one is good and so thinning?

### PAN BROILING—SUITABLE FOR BEEF

Without fat, most careful cooking is necessary. You can do nothing else while broiling your steak, which should take but a few moments.

The meat must be very tender to stand the treatment and can not be thick or it will take too long to cook and will toughen.

Have the pan hot but not smoking. Place the steak therein without a drop of fat. Turn frequently. The pan can not be kept quite so hot as when fat is used but should be just on the safe side of burning. The meat will have to be moved to different parts of the pan to avoid scorching.

A few drops of water may be added before each turning if the meat sticks. The water should be so small in quantity that it will evaporate at once, just sufficient to loosen the meat from the pan. Add the seasoning just before the meat is done, or it does not penetrate well.

### OVEN BROILING

(for chops, cutlets, fish, etc., from which all fat can not be trimmed.)

Place on a wire tray, in the oven with a pan underneath to catch any fat which may exude in cooking. Bake till done, basting frequently with seasoned water, flavoring broth, or bouillon cube dissolved in water. The basting fluid is to be kept in the oven so it will be hot whenever needed. The tray may be dispensed with if the piece of meat proves amenable to the fat-trimming process. You then have material for gravy or broths.

### ROASTS

Roasting is not the best form of cooking for a reduction diet. If you have control of the kitchen régime, do without roasts till you are on maintenance diet. Lean meat is apt to turn out dry and tough when roasted either in the oven or pot.

### FRICASSEEING

Pan-broil till the meat is browned; then add water enough to cover the meat. Cover the skillet and stew gently till fluid is evaporated. Then add more water. Continue the process till very tender. When about half done, add seasoning and one or two teaspoons soaked India gum. It preserves the moisture in the meat to some extent.

### FRYING

No frying is to be tolerated, with the possible exception of bacon, which may be prepared in any way to extract the fat without the least scorching. Place the piece of bacon between warm blotters immediately on taking from the fire. On account of its pronounced flavor, a little bacon is especially gratifying, and allowable to your diet once in awhile in *very* small quantity if properly cooked.

### CASSEROLE COOKING

Start as for fricasseeing, but when well browned transfer the meat to a covered casserole. Put a little soaked India gum into the fluid obtained by adding water to the skillet, season well and add to the casserole with the meat. Small casseroles suitable for one or two portions are to be obtained. The fluid may have to be replenished during the cooking process. The meat must be kept moist. Vegetable may be added for flavoring, but only in small amount or the meat will be dry and tasteless.

### FIRELESS COOKING OR STEWING

Instead of being placed in the casserole, the meat may be finished on the fire or may be placed in a fireless cooker.

### WATERLESS COOKING

It is particularly desirable for you as it saves the valuable juices. Food so cooked is excellent with only salt and pepper seasoning. Prepare meat as for the casserole and cook in its own compartment with the family dinner. Vegetables may be added or cooked in a separate container.

### SWISS STEAK

Pound into round steak, bran instead of flour. The calories are less and it is better for you. Fricassee till tender; then add a little gum and water to cover, and finish en casserole. Beef, veal, or lamb may be prepared in this manner. Long cooking is required, and the meat should be kept covered with the brown fluid thickened as described.

### MEAT BALLS

Use a lean leg cut of beef or veal and scrape the fleshy parts out with a dull knife, taking no fiber or fat. Make into balls and pan-broil (see p. 117).

### TONGUE

Veal tongue is better for you than beef (pages 88 and 89), and the lean portion, especially near the end, should be chosen. Beef tongue near its base is much too fat for your use. Tongue should be boiled, when the skimmed liquor may be utilized for soup.

### FOWL

Chicken is the only fowl really suitable for you, and that very young. The broilers are good. Even as much as a small quarter may be taken at a time. The wing quarter will always have the fewer calories, It is well to cut off all the free fat possible, for some quite young chickens have considerable. Occasionally you may be able to get squabs lean enough to use, but one-half of a small one will be the limit for a medium-sized individual. Careful inspection and weighing must guide you in your decision as to its suitability. Only three to five ounces according to your height is allowed, and you must have an eagle eye for the fat.

### COOKING CHICKEN

The very young chicken may be fricasseed or cooked en casserole. If not quite so young, it should be cut in pieces, every atom of removable fat trimmed away, and first stewed or made tender in the fireless cooker. Allow the meat to cool in the fluid and then brown in the oven, basting frequently, or fricassee en casserole. Take out the amount of the cooking fluid that belongs to your portion of the meat, cool and skim, and there you have a soup, all to the velvet and sweeter because stolen. If you wish to make it go farther, dilute a trifle and add a little chicken bouillon cube. You still have a soup whose calories you need not count.

### COOKING VEAL

As veal is your standby, it should be cooked in a variety of ways or camouflaged so you will not tire of it. Even people who do not care for veal like it when masked, as follows:

### "NEAR HAM"

Let the family have boiled ham. Save the boiling fluid. Cool and skim thoroughly. Fricassee a piece of leg of veal, using the ham juice for fluid till the veal is tender and sufficiently salty.

### VEAL AND LAMB

Cooked together, the flavors blend, and the calories average. Brown together in the skillet a piece each of trimmed lamb and veal chop. Place the lamb on top of the veal in the casserole; add the brown cooking fluid thickened; cover and bake tender.

Why be fat when you may have all these good meats while you get thin? Why not get thin when you may get rid of some of your fat simply by taking the grease and fat out of your meat? What a pleasant easy way! You never know the difference except that every day you grow thinner and healthier on the better food.

### WE HOPE YOU LIKE FISH

On the whole, fish is lower in calories per ounce than meat. A large part of its fat is in the belly strip which may be removed easily. The "fish fry" is outside your world, at least for the time being, but there are ways of cooking quite delicious that you may employ.

### BAKED FISH

(suitable for large fish)

Season inside and out and cut off the belly fat. Place on a wire tray whole; bake in very hot oven 10 minutes, then more slowly one-half hour or till done. Or, if but one person is to be served, cut a slice just enough for a serving and bake in the same way, when 20 minutes suffices for the whole process. The skin is tough and inedible, but the flesh is moist and delicate. Serve with Hollandaise (p. 156).

### BOILED FISH

(very large fish, lake trout best)

Cut a 1 to 1½ inch slice from a large fish. Trim off the belly fat. Five ounces net will not be too much. Plunge into salted, boiling water to cover and boil fast 15 minutes. Drain, spread with ½ butter square (p. 131), and serve.

### BROILED FISH

(medium sized fish)

Trim away the fat and oven-broil on a wire tray as you do meat. Serve with Hollandaise (p. 156) or lemon slices.

### FISH IN TOMATO SAUCE

(suitable for small fish)

Bone, season and spread in a small pan. Pour over it tomato sauce (p. 177). Bake about 15 minutes or till fish is done and tomato sauce absorbed. Baste twice with hot tomato sauce during the baking, for only a small amount of sauce should be used at a time, just enough to moisten. It spoils the fish to deluge it with fluid.

### EGGS

Little direction is necessary beyond reiteration of "no fat" and "no frying." In omelet-making and scrambling, one can, by care, apply so light a film of "grease" to the pan, that it will be consumed during the cooking. Eggs are better cooked without grease.

## VEGETABLES

### DO NOT WASTE THEM

Vegetables should always be cooked in a manner to preserve their vitamin and mineral. During reduction it is doubly necessary. Do not drown them in an ocean

of water. Throw away no smallest portion of vegetable cooking fluids, and you will not only be better fed but will not so greatly miss the customary fat. When vegetables have been leeched of all their goodness, something must be given them that has a taste, and the butter jar is always a convenient resource of the careless cook. Vegetables are so much more delicious, if all their nutriment and flavor is preserved by proper cooking methods, that they need little or no butter.

### BETTER AND LESS FATTENING

When butter is cooked, it loses its finest flavor. If put into vegetables, it should be added just before serving. Much less gives the desired flavor and a better flavor, without making the food greasy.

### THE BEST IS YOUR PORTION

During reduction you may claim for yourself the choice young tender vegetables. Fresh vegetables, with the single exception of tomatoes, are richer in vitamins than canned ones; while always the young, succulent, tender ones have the fewest calories. The mealy specimens have developed more starch and have less water and should be rejected by you. Peas, corn and string-beans should be carefully examined and only suitable ones eaten. If string-beans are too large, the pod portions only are to be utilized. If shredded finely, they are dainty and appetizing.

### IT SAVES WORK

If but one of a family is reducing, it does no harm to place the small peas or the beanless beans in a little bag and cook them in the same vessel with the family portion.

## SALADS

### HOW GOOD THEY ARE

Life and health-givers always, indispensable during reduction. Use them wisely, and they will never pall, but you will learn to like them so well you can not do without them.

### AND HOW ATTRACTIVE

With their infinite variety, if prepared with care, they are a delight both to the appetite and to the eye. Fruits and vegetables of all kinds, both raw and cooked, lend themselves to our use for this purpose. Gelatin may easily be incorporated, adding attractiveness as well as furnishing the helpful protein adjunct. There is no end to the variety furnished by the various combinations and dressings.

### SALAD DRESSINGS

The ordinary mayonnaise and French dressing can not be eaten, nor the usual cooked dressing. Olive oil should not be used, and cream very sparingly. All the substitutes for olive oil are also fattening. As the salad should be taken once or twice every day, you will

find the following dressings useful. They are very low in calories, suited to a get-thin diet and yet very delicious.

THESE FOUR FOR YOUR USE

**No. 1—Special French Dressing** may be made with mineral oil. It should not be made up in quantity but mixed with the salad just before eating, after the manner of the French. It is the method of choice in using mineral oil because of the tendency of that oil to separate and its inability to absorb the flavors of the salad.

½ teaspoon good Mineral Oil is mixed with
1 large Lettuce or other salad, which should be dry.

Mix very thoroughly so that every smallest portion of the salad has its coating of oil. Seasonings are then added according to taste. The oil sticks them to the salad.

Lastly add (mixing all thoroughly again):
½ teaspoon Lemon Juice or
1 tablespoon of any favorite Vinegar.
Count your salad dressing 0 to 5 calories.

**No. 2—Special Cooked Salad Dressing:**

1 tablespoon 10 calories, protein calory 1

| | |
|---|---|
| ½ cup strong Vinegar | 2 Sweet Tablets |
| ½ cup Water | ½ teaspoon Mustard |
| 2 level tablespoons Flour | ½ teaspoon Salt |
| 1 Egg Yolk | Pepper |
| ¼ cup Mineral Oil | Dash of Cayenne |

Onion Juice, Garlic, or Celery Salt if desired.

Mix mustard, salt and flour with a little of the water. Heat the vinegar, water and sweet tablet, and pour it over the flour mixture, beating well. Add the condiments and cook all thoroughly, stirring. When the flour is thoroughly cooked, pour the hot mixture over the beaten egg yolk. Return to the fire a moment to insure the cooking of the egg but not long enough to curdle it, beating every instant. Remove from the fire and beat in gradually ¼ cup mineral oil.

### No. 3—Special Mayonnaise:

1 tablespoon 7 calories

| | |
|---|---|
| 1 Egg Yolk | 1 Sweet Tablet |
| 1 tablespoon Vinegar | ½ teaspoon Mustard |
| 1 tablespoon Lemon Juice | ½ teaspoon Salt |
| 1 cup Mineral Oil | Condiments to taste |

All ingredients, salad bowl and rotary beater must be chilled.

Dissolve the solids in the mixed liquids.

Beat the egg yolk, adding oil drop by drop till the mixture is thick; then add one teaspoon of the fluid. Beat thoroughly and again add oil till thick. Repeat, adding fluid and oil alternately till all ingredients are used.

### No. 4—Reduction Mayonnaise:

Properly speaking there is no such thing as "reduc*ing*" bread, biscuits, salad dressing, etc., unless such substances contain harmful drugs. But some food

products are more useful during reduction than others. They may properly be spoken of as "Reduc*tion* Products" if when substituted for the ordinary article they assist reduction because they yield little or no fuel. The recipes Nos. 1, 2 and 3 just given afford such dressings for those who care to make them. For those who have not the time or inclination or facilities, there is obtainable a ready-made "Reduction Mayonnaise" so low in caloric value that it need not be counted. It will keep a long time and is very satisfactory.

### LET'S HAVE A CHANGE

It is desirable so long as you must make such free use of salads that you vary them as much as possible; therefore, ring all the changes. No matter how much you like a certain one, alternate it with others so that you will keep on liking it. This is particularly true of the heavier, richer dressings. Do not serve a lump of clear, unmodified mayonnaise; but mix it with the other salad ingredients, or add to the spoonful of dressing something that will give it a decided flavor, each time a different one. Then you will never tire, never cripple your resources, but will like your salads better and better.

### REDUCTION CREAM

1 tablespoon 2 calories.

When you reflect that 1 tablespoon thick ordinary cream yields 70 calories and this specially prepared

cream is thicker than the thickest cream you ever saw, I am sure you will agree that it is worthy of its name. The reduction cream must be made very carefully. It will keep in the ice-box four or five days. It must not be heated, and is especially suitable for cold dishes; but it may be used in coffee or other hot food, if added after taking from the stove when not quite boiling hot.

The mixing bowl, rotary beater, and all ingredients must be thoroughly chilled.

1 teaspoon Evaporated Milk is scalded with
7 teaspoons Water containing
⅛ of a Sweet Tablet and a
Few grains of Salt.
The above is chilled and an emulsion made with
1 Egg Yolk and
1¾ cup of good Mineral Oil as follows:

Beat the egg yolk, adding oil drop by drop till the mixture begins to thicken, then a little faster till very thick. Then add one teaspoon of the fluid mixture and beat. Again add oil to thicken, repeating till all ingredients are added. The more thorough the beating, the nicer the finished product. It should be very thick and is to be thinned as used. It will separate on standing if all the recipe is thinned at once. Usually one teaspoon of water to one tablespoon of the Reduction Cream makes a satisfactory sauce for cold puddings, etc. It is much better to sweeten and flavor before using.

### BUTTER FAT

As butter is to be taken in very small amount, it is well to make it go as far as possible. The imagination must be appeased as well as the body nourished. As

every day it is well to take a very little butter fat, usually in the form of butter, we have evolved

### STRETCHED BUTTER

1 piece 1 inch by 1 inch by ¼ inch makes 20 calories. And this is how you make it:

1 pound butter cut into pieces in a mixing bowl and add
2 teaspoons salt and
⅛ to ¼ teaspoon butter color and place where it will soften but not melt.
1 large cup of water containing
1 tablespoon condensed or evaporated milk, sterilized and allowed to cool.

Add the fluid to the bowl of butter when cool and with a large rotary beater whip slowly. Be patient and in a little time the butter will begin to absorb the fluid. When all is incorporated, stir a moment to smooth it (this process must not be prolonged or separation will begin) and place at once in an oblong mold. When hardened it can be cut like butter.

This makes a butter of unimpaired flavor, and as it is rather salty, a small amount suffices. It spreads more easily than ordinary butter, which again makes it possible to use little. You will soon like it better than the usual kind. I do, and many of my patients offer the same testimony.

### BEVERAGES

Just a word about your "drinks." Water, which we know is our best beverage, has already had the spotlight. There are others permissible in moderation.

The beverages to be obtained over the soda-water counter are not for the would-be-thin, unless you can buy a drink devoid of all sugar. Phosphates and lemonades, tho sour, have a large amount of sugar in their composition. You have no way of knowing how much. Best to let them alone till you have acquired your sylph-like figure. Then if you wish to take chances with so dear a possession, you may experiment and see what they do for you.

With the light breakfast which we outline for most of your reduction menus you will need some beverage. If you are used to taking coffee, do not try to break the habit while you are reducing. There is no sense in taking on unnecessary deprivation. Do not misunderstand. I am not advocating the use of coffee. But the habit should be broken, if you feel it is hurting you, when you are on full diet. Incidentally, the same must be said of smoking. One thing at a time is enough. To go without your usual stimulant may make you feel "blue" and almost ill for a time, so that you give up your efforts, and discouraged, go back to both your fat and your coffee forever. Coffee does not contribute to fat-making.

The same can not be said of alcoholic drinks. They are a deadly enemy of a good figure. Alcohol is a preservative, slows reduction processes, and favors fat-making. Taken before meals, it stimulates the appetite, which is for you a further handicap.

Chocolate and ordinary breakfast cocoa have too many calories for your consumption so long as you are

overweight. Their theobromin is mildly stimulating and a drug quite as truly as caffein. If, from habit, you need the morning stimulant, coffee is no more harmful than cocoa, unless you drink it excessively, and is permissible in moderation till conditions are favorable for you to break both habits, if necessary or expedient.

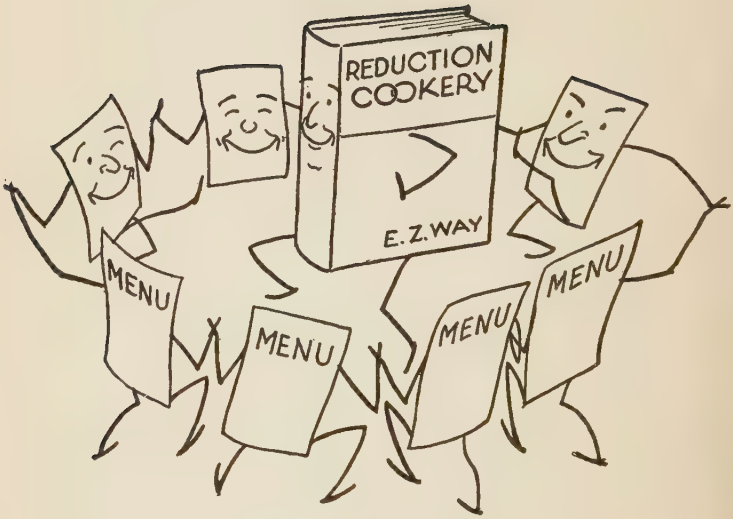
There is a cocoa, coco-et by name, with a low fat percentage which you may use occasionally in a beverage or dessert even during reduction. It is a superior product and is the best form of chocolate or cocoa now on the market for those who are squeezing calories.

A good morning drink for steady diet is Kaffee Hag. It has no calories and 95% of its caffein has been extracted, as attested by the Connecticut Experiment Station. It is good to the taste, if well prepared. Many can not tell it from coffee, and the small caffein content is negligible in effect.

If you like plain charged waters there is no objection to them. By using extracts and artificial sweetener you may be able to concoct many drinks to your liking. A spoonful of the artificial cream added gives a suggestion of ice-cream soda. Or lemon juice in small quantity may be added instead.

Ginger and other extracts with artificial sweetener and plain hot water are grateful to some. Lemon may be added to these if liked, but count your lemon calories.

# IX. MENUS AND ORIGINAL RECIPES


REDUCTION
COOKERY
E.Z.WAY
MENU
MENU
MENU
MENU

## IX

## Menus and Original Recipes

HERE we are at last all ready to introduce you to most delicious meals, good enough for any one at any time. You will hardly believe your eyes when you consult your scales. Down, down your weight will continue to slide in a swift toboggan, while you eat your way to health and happiness, and grow younger every day. I feel that you have waded through enough preliminary detail for the present and it is time to let you begin on the reduction work for which you are so eager. You should have more whys and wherefores, but you have plenty of time for that as you go on eating your way to thinness. I do think, however, that it is necessary for you to turn to the chapters on Exercise, and with your daily diet take up the corresponding day's program, or as much of it as your time and other conditions permit. You will get maximum results by correlating the food and exercise. Remember proper weight depends upon proper exercise as well as proper food.

The meals have been worked out with scientific precision so as to cover all your vital needs, and at the same time allow you to lose 2 pounds or more a week. Very short people will have to keep active to achieve

the 2 pounds, the very tall will lose more. They have a larger machine capable of burning more fuel and caring for more waste. But 3 pounds a week after the first week is the maximum I advise for unsupervised reduction even of very tall people.

Your directions provide for this, and your loss will be nothing *but* fat. All your necessary protein, vitamins and minerals are provided. The figures are tabulated so that, if you wish, you may prove up on the adequacy of the menus *after* you have read the succeeding chapters with their further information.

Even if you do not feel capable of passing on their exactitude, you will take satisfaction in noting the generous provision of protein and vegetable foods. The figures will carry reassurance to you at a glance.

The *servings* of vegetable are purposely made rather small, so that even those who at first do not care much for vegetables shall find it possible easily to eat the amount prescribed, coaxing the appetite till fondness is established. Many people find it easier to take a small amount of two vegetables than a double portion of one. But if you prefer you may substitute one larger for two smaller or vice versa.

The first set of food programs is to be used unchanged for women 5 feet 4 or 4½ inches tall. The modifications according to height are strictly essential for there is a vast difference between the needs of the tall and the short. Nature has no malignant design directed against the low in stature, yet more short people are overweight. The reason is obvious. The

short need less food but often eat quite as much as taller people. When plates are served, no distinction is made between Mrs. Shorty and Mrs. Lofty, nor between Mr. Smallman and Mr. Sixfooter. The menus presented herewith make this very necessary distinction.

### THE DINNER HOUR

If it can be arranged you will reduce more comfortably by eating your main meal in the middle of the day. After the light breakfast you may get too hungry before the night dinner is served, but that is a matter of choice for the individual.

### SHORT ONES MUST PINCH MORE

Bear in mind that a short woman will gain on food that will cause a tall man to lose. It is harder too, to arrange satisfactory menus for the short. One has not so many calories to play with. Menus can be more easily expanded than curtailed satisfactorily; therefore, more attention has been given to the comparatively short.

### WIFE IS THE PROVIDER IN THIS CASE

Usually men have neither time nor inclination to meddle with culinary arrangements, and are unable without help to provide the niceties of cooking and measuring which these first menus demand. But while women will use them chiefly, your dear husband, Mrs.

Goodwife, is not going to be left out. If he is waxing fat you may do him a good turn behind his back. You may use for him your own menus, enlarging the servings in proportion to his greater height, or turn over a few pages and find the chapter just for him. It is easy to reduce a large man and give him a lot of good food during the separating process. I once reduced my husband 15 pounds without his suspecting the cause of the drop in weight. Note also the modification for *small* men.

### WIFE IS BUSY TOO

"Hm," says Mrs. Busy Woman, "I haven't any time to bother with calories and cooking. I loathe calories anyhow and abhor cooking." Very well, turn it all over to a conscientious cook, eat the food as is, turning your blind eye to the calory columns and the trick is turned. Always there are intelligent people who have plenty of time and need the money. You do not have to hire a French chef. The directions are so clear that a novice can follow with good results. The recipes are written in the simplest manner, the use of each ingredient being explained as it is introduced; then the next ingredient is introduced and its use described in turn, etc., till the process is complete. There is no mistaking and the recipes are brand new. I hope you will like them all. They are cunning little genii. Without them you could not work the miracle of getting

thin with so much enjoyment—of getting thin and looking well and feeling better.

They show you unmistakably how to Grow Thin on Good Food.

### GOOD FOOD FOR EVERYBODY

But because we do not all agree in our tastes, not all the foods mentioned in the menus will be equally pleasing to everybody. On pages 87 to 107 will be found all the foods you may eat during your reduction, and they are arranged in groups. You may at any time substitute for any kind of food, another of the same group. If you compare the columns of figures, you will know how much food of another kind may be substituted. The meals then will be good not only because they are good *for* you, but because you will enjoy them—Good Food in every sense of the word.

## HEALTHFUL REDUCING MEALS

*For women 5 feet 4—4½ inches tall, and for small men*

### Monday—First Week

| Breakfast | *Total Calories* | *Protein Calories* |
|---|---|---|
| 1/3 cup Grapefruit and juice unsweetened.. | 50 | 3 |
| Black Coffee or any no-calory beverage | | |
| 1 tablespoon Agar-Agar | | |

**Dinner**

| | | |
|---|---|---|
| Beef Tenderloin, 4 ounces * pan-broiled (p. 117) | 136 | 104 |
| Mashed Potato, ½ cup with tablespoon Skimmed Milk | 100 | 8 |
| Celery, all that is desired | 15 | 3 |
| Boiled Onion Hearts with Cream Sauce.. | 60 | 8 |
| Stewed Tomato, ½ cup plain, salted.... | 30 | 5 |
| One 6¼ ounce Pear or one 5½ inch Banana | 100 | 4 or 5 |
| No-calory Beverage | | |

**Luncheon or Supper**

| | | |
|---|---|---|
| Cream of Asparagus Soup | 55 | 17 or 15 |
| 6 Bread Sticks | 50 | 9 |
| Cabbage and Pineapple Salad | 82 | 3 or 4 |
| 5 small raw Onions or Radishes.... | 10 | 2 |
| Open Sandwich and ½ square Butter † .. | 196 | 39 |
| Coffee Jelly with Reduction Cream and 1 teaspoon Sugar | 32 | 10 |
| 1 Graham Cracker—single | 50 | 5 |
| No-calory Beverage | | |
| | 976 | 220—219 |

Vegetable calories 153
Fruit calories 200

* Raw, trimmed meats are implied when weights are specified.

† Whenever "square butter" or "butter square" is mentioned, stretched butter is meant. (Page 131.)

MODIFICATIONS:

Man 5 feet 4 to 6 inches—Add for breakfast 1 small egg, ½ piece salted toast.
Woman under 5 feet 4 inches—Subtract graham cracker.
Woman under 5 feet 2 inches—Subtract graham cracker and bread sticks.
Woman 5 feet 5 to 7 inches—Add 1 egg at breakfast *or* ½ sandwich for supper or lunch.
Woman 5 feet 7 to 9 inches—Add 1 egg, ¾ piece toast at breakfast *or* ¾ sandwich for supper or lunch.
Woman 5 feet 9 to 11 inches—Add 1 egg, ½ piece toast at breakfast and ½ sandwich for supper or lunch.

**Cream Sauce**—2 portions

1 teaspoon Flour, cooked in
3 tablespoons liquor from the boiled Onions and
3 tablespoons water, or enough to make 4 tablespoons cooked sauce
1 teaspoon Evaporated Milk*
Seasoning
Pour 1 portion over 5 boiled Onion Hearts, each 1 by 1⅜ inches, measured before cooking

**Cream of Asparagus Soup**

1 teaspoon Flour cooked in
¼ cup Asparagus fluid and
⅜ cup water, add
⅛ cup Skimmed Milk,
1 teaspoon Evaporated Milk and
8 tips of canned Asparagus or 5 fresh 6-inch stalks boiled, minced
Cook seasoning into the Asparagus before putting into the soup
½ Chicken Bouillon cube may be used for seasoning or flavoring stock (p. 115) may be used instead of water

* None but the unsweetened milk should be used in any of your recipes.

### Cabbage and Pineapple Salad

¾ cup finely chopped Cabbage seasoned with
Salt and Pepper
2 teaspoons Lemon Juice and
2 tablespoons Pineapple Juice in which is dissolved
Sweet Tablet to taste. Lastly add
1 inch slice of raw Pineapple cut finely or
1 slice unsweetened canned Pineapple, or
½ slice of sweetened canned Pineapple
Serve on Lettuce

### Open Sandwich

1 slice Whole Wheat Bread 2½ by 3 by ½ inch
Spread with mixture of
¾ hard boiled Egg minced,
1 slice broiled Bacon minced (p. 91)
1 tablespoon cooked salad dressing (p. 127)
½ Butter square

### Whole Wheat Bread

2 cakes of compressed Yeast dissolved in
¼ cup warm Water, containing
1½ tablespoon Sugar. Let rise few moments and add to
1½ cup warm Water, and
1½ cup warm Skimmed Milk, to which has been added
4½ cups Whole Wheat Flour
When light add
1 tablespoon Butter
1 teaspoon Salt and mix down with
1¾ cup Whole Wheat Flour
When again light make into two loaves
¼ cup Whole Wheat Flour is needed for the board
Let raise to double bulk and bake 40 minutes

### Bread Sticks

1 tablespoon dough after last kneading pressed into wafer pans each holding 6 sticks
When light, bake slowly till crisp

**Coffee Jelly**—2 servings, each 12 calories, 10 protein calories

2 level teaspoons Gelatin soaked in
2 dessertspoons Coffee. Dissolve with
1 cup boiling strong Coffee. Add
1 Sweet Tablet and pour into 2 molds
Serve each portion with
1 tablespoon Reduction Cream * diluted with cold water
Sweet Tablet to taste or Sugar (20 calories to the teaspoon)
Flavor with Vanilla

* Directions for making Reduction Cream are to be found on Pages 129 and 130.

## HEALTHFUL REDUCING MEALS

*For women 5 feet 4—4½ inches tall, and for small men*

### Tuesday—First Week

| Breakfast | *Total Calories* | *Protein Calories* |
|---|---|---|
| ½ of a 9 ounce Orange (net diameter 2⅞ inches) | 50 | 3 |
| ⅛ cup Breakfast Crumbs with ¼ cup Skim Milk | 22 | 8 |
| No-calory Beverage | | |

**Dinner**

| | | |
|---|---|---|
| Veal Leg 3 ounces fricasseed with ham liquor (p. 122) | 105 | 84 |
| 2 tablespoons Chili Sauce | 6 | 1 |
| ½ cup mashed Potato | 100 | 8 |
| ½ square of stretched Butter | 10 | |
| Radishes, 5 small | 10 | 2 |
| ½ cup chopped Spinach boiled and salted | 30 | 6 |
| Lettuce with French Dressing | 13 | 2 |
| Watermelon, edible portion of ¼ section 1⅝ in. thick, radius 4 in., or bunch of 44 Grapes | 200 | 10 |

**Luncheon or Supper**

| | | |
|---|---|---|
| 1 boiled Egg | 75 | 27 |
| 2 Bran Muffins and 1 Butter square | 110 | 18 |
| ¾ cup Skim Milk | 66 | 24 |
| ½ cup boiled minced Beets (vinegar if desired) | 60 | 8 |
| Celery | 10 | 2 |
| Peach Gelatin with 1 tablespoon Reduction Cream | 35 | 11 |
| 1 double salted Wafer | 50 | 5 |
| | 952 | 219 |

Vegetable calories 120
Fruit calories 262

MODIFICATIONS:

Man 5 feet 4 to 6 inches—Add 1 egg, ½ piece toast for breakfast.
Woman under 5 feet 4 inches—Subtract the double wafer.
Woman under 5 feet 2 inches—Subtract the double wafer and ¼ of the melon or grapes.
Woman 5 feet 5 to 7 inches—Add 1/3 more meat and all the watery vegetable wished.
Woman 5 feet 7 to 9 inches—Same as 5 feet 5 to 7 inches and ½ cup mashed potato.
Woman 5 feet 9 to 11 inches—Same as 5 feet 7 to 9 inches and another egg or bran muffin.

**Breakfast Crumbs and Wafers**

No Calories. Try them all and choose your favorite. Always crisp in warm (not hot) oven, and allow to cool just before serving.

**No. 1—**

¼ cup Agar-Agar flakes boiled a moment with
1 cup Water containing
½ Sweet Tablet and
¾ teaspoon Salt. Add
½ teaspoon Soda and
1 cup Washed Bran
Spread on cookie sheets, mark in squares, and bake very slowly till dry. (Have pan hot and spread quickly before dough stiffens.)

**No. 2—**

1 tablespoon India Gum soaked 2 hours in
1¾ cup Water containing
1 Sweet Tablet and
1¼ teaspoon Salt. Stir in
¼ cup Cellu Flour, containing
1 teaspoon Soda. Add
2 cups washed Bran *
3 tablespoons Mineral Oil
Spread on pans or cookie sheets and bake. This will smoke while baking; the slower the oven the less smoke and better flavor. May be used as wafers if marked in squares.

* Washed bran has been freed of its starch and is purchasable.

**No. 3—Breakfast Crumbs and Wafers**

2 teaspoons India Gum soaked several hours with
1½ cup cold water. Then beat smooth with rotary beater and cook for one minute with
¼ cup Agar-Agar and
¾ Sweet tablet and
1 teaspoon Salt. Remove from fire and add
1 teaspoon Soda
¼ cup Cellu Flour
1 cup washed Bran
2 tablespoons Mineral Oil
Spread quickly and bake.

**Special Chili Sauce**—1 tablespoon 3 calories

1 12 ounce can of Tomatoes
¼ cup finely chopped Onion
4 Sweet tablets
1/3 cup Cider Vinegar
2 teaspoons ground Cinnamon
⅛ teaspoon ground Cloves
⅛ teaspoon ground Allspice
1 teaspoon Salt
1 teaspoon Agar-Agar
Rub the Tomatoes through a sieve. Add all ingredients except the spice. Boil till onions are a little tender, add spices and boil 3 minutes more.

**French Dressing**—for one salad, total calories 3, protein 0

1 teaspoon Mineral Oil mixed thoroughly with
Lettuce, 1/3 of a large heart (as much as desired)
Salt and Pepper mixed through salad. Lastly add
1½ or 2 teaspoons Lemon juice in which is dissolved
½ Sweet tablet, less or more according to taste
The dressing may be mixed and all ingredients poured over the salad together, but it is not so good. Tarragon or strong flavored vinegar may be substituted for the lemon juice, leaving the calories 0.

**Bran Muffins**—12 muffins each—total calories 50, protein 9

1 Egg Yolk beaten and added to
½ cup sour or Buttermilk mixed with
¼ to ½ teaspoon Soda depending on sourness of the milk and
½ cup cold water. Stir in
½ cup Bran and
2/3 cup Whole Wheat Flour containing
¾ teaspoon Salt and
1 level tablespoon Baking-powder

**Beets** peeled and thinly sliced before boiling and the cooking fluid well evaporated are much better flavored than when cooked in the skin in an ocean of water. They are more attractive and retain more mineral.

**Peach Gelatin**

1 teaspoon Gelatin soaked in 1 dessert spoon water
1/3 cup boiling water to dissolve above and add
1 tablespoon Lemon juice and
2 Sweet tablets. When cold, place in mold with
½ Peach, medium size, cut in pieces.

## HEALTHFUL REDUCING MEALS

*For women 5 feet 4—4½ inches tall, and for small men*

### Wednesday—First Week

| Breakfast | *Total Calories* | *Protein Calories* |
|---|---|---|
| ½ of a 9 ounce Orange | 50 | 3 |
| Black Coffee or a no-calory beverage | | |
| Breakfast Crumbs and ¼ cup skim Milk | 22 | 8 |
| **Dinner** | | |
| Swiss Steak, 1/3 recipe, Horseradish | 180 | 67 |
| Sauerkraut, ½ cup or boiled Cabbage, ½ c. | 30 | 6 |
| ½ cup mashed Potato | 100 | 8 |
| Tomato, Asparagus and Onion Salad | 25 | 5 |
| Carrot Slivers, raw crisped | 10 | 2 |
| Cup Custard | 87 | 31 |
| 1 single Graham Cracker | 50 | 5 |
| **Luncheon or Supper** | | |
| Oyster Stew with 12 Oyster Crackers | | |
| or | | |
| Vegetable Oyster Soup, 13 Crackers | 96 | 24 |
| Asparagus on Toast with | 111 | 25 |
| ½ Butter Square | 10 | |
| ½ cup boiled Squash (p.107) | 60 | 4 |
| ¾ cup skimmed Milk | 66 | 24 |
| 1 Cantaloup 4½ inch diameter | | |
| or | | |
| 2 Peaches fresh or canned (p. 103) | 100 | 4 or 6 |
| | 997 | 216—218 |

Vegetable calories 146—171
Fruit calories 150

MODIFICATIONS:

Man 5 feet 4 to 6 inches tall *—Add 1 egg and ½ of 100 calory piece of toast.
Woman under 5 feet 4 inches—Subtract graham cracker †
Woman under 5 feet 2 inches—Subtract graham cracker and 12 oyster crackers.
Woman 5 feet 5 to 7 inches—Add a hard boiled egg sliced with asparagus on toast.
Woman 5 feet 7 to 9 inches—Add a hard boiled egg and a graham cracker and ¼ cup potato.
Woman 5 feet 9 to 11 inches—Add 1 egg, 1 graham cracker, and ½ cup potato and all the watery vegetable you wish.

**Swiss Steak**—3 servings, each, total calories 180, protein 67

¼ cup Bran and
2 teaspoons Flour pounded into
½ pound lean Round Steak as purchased (bone removed before weighing)
Cut off the fat and try out in skillet
Add meat and fricassee till well browned
Cover with water and place in fireless cooker or
Simmer till tender
Cook in Seasonings
Add ½ teaspoon soaked India gum to cooking fluid for gravy. Save 1 tablespoon for flavoring broth.

**Salad**—Tomato, Asparagus and Onion on Lettuce leaf

½ Tomato (whole 2 by 2¼ by 2½) and
4 Asparagus tips on
2 Lettuce leaves. Pour over all
1 tablespoon Vinegar and ½ teaspoon Mineral Oil containing
Salt and Pepper and
¼ Sweet Tablet with
1 teaspoon chopped Onion

* The same modification is to be made each day for men 5 feet 4 to 6 inches tall.

† A no-calory beverage may be taken each morning.

**Cup Custard**—2 servings, each 87 calories, 31 protein calories

1 Egg, beaten. Add
3 Sweet Tablets dissolved in
1⅛ cup Skimmed Milk and
Few grains of Salt
Flavoring
Place in cups in a basin of hot water and bake or cook on the fire.

**Oyster Stew**—3 servings, each 46 total calories, 19 protein calories

½ cup solid meat Oysters, stewed in
1 cup Skimmed Milk diluted with
¾ cup Water
Salt and Pepper
1 Chicken Bouillon cube improves the stew.

**Vegetable Oyster Soup**—1 serving, total calories 43, protein calories 19

¼ cup thinly sliced cooked Vegetable Oyster
¼ cup of the Vegetable Oyster liquor. Cook seasoning in well and add
1/3 cup skimmed Milk
1 teaspoon condensed or evaporated Milk. Heat, not boil, and serve.

**Asparagus on Toast**

8 Asparagus tips heated with
¼ the fluid of the can and
A little water if desired
Season and pour over the piece of Whole Wheat Toast.
Fresh Asparagus—six 6 inch stalks with their cooking fluid may be used.

## HEALTHFUL REDUCING MEALS

*For women 5 feet 4—4½ inches tall, and for small men*

### Thursday—First Week

| Breakfast | *Total Calories* | *Protein Calories* |
|---|---|---|
| ½ Grapefruit, 3 inches net diameter | 65 | 4 |
| Breakfast Crumbs | | |
| ¼ cup skim Milk | 22 | 8 |
| No-calory Beverage | | |

**Dinner**

| | | |
|---|---|---|
| Sweetbread Salad, 1/3 cup (neck) | 63 | 63 |
| 2 Bran Muffins | 100 | 18 |
| ½ square stretched Butter | 10 | |
| ½ cup fresh wax Beans, boiled and salted | 60 | 14 |
| ½ cup Cauliflower or Brussels Sprouts | 30 | 6—7 |
| Sunshine Cake, 1/12 of cake | 125 | 17 |

**Luncheon or Supper**

| | | |
|---|---|---|
| Tomato Toast, 1 cup Tomato on 1 piece Whole Wheat Toast with | | |
| 1 sliced hard-boiled Egg | 235 | 52 |
| 1½ cup salted Pop-corn | 100 | 10 |
| Celery | 10 | 2 |
| ¾ cup skim Milk | 66 | 24 |
| 1 sliced Orange, 9 ounces before peeling | 100 | 6 |
| | 986 | 224—225 |

Vegetable calories 150
Fruit calories 165

MODIFICATIONS:

Woman under 5 feet 4 inches—Subtract ½ the pop-corn.
Woman under 5 feet 2 inches—Subtract ½ the pop-corn and 1 bran muffin.
Woman 5 feet 5 to 7 inches—Use ½ cup sweetbread meat in the salad and add 1 bran muffin for Supper or Luncheon.
Woman 5 feet 7 to 9 inches—Use ½ cup Sweetbread in salad, add 1 bran muffin and double the cauliflower portion..
Woman 5 feet 9 to 11 inches—Add the extra sweetbread, muffin, cauliflower, ½ cup pop-corn and 1 egg.

**Sweetbread Salad**

1/3 cup boiled, seasoned Sweetbread, small pieces
½ cup finely cut Celery, salted
2 tablespoons Reduction Dressing (p. 128)
1 teaspoon Lemon Juice
Serve on Lettuce

**Sunshine Cake**—12 servings, each, total calories 125, protein calories 17

7 Egg Whites
5 Egg Yolks
1 cup sifted Sugar
2/3 cup sifted Pastry Flour
¼ teaspoon Cream of Tartar
⅛ teaspoon Salt
1 teaspoon Vanilla

**Pop-corn**

Take only the well-popped kernels. The partly popped corn has more calories for the same bulk.

## HEALTHFUL REDUCING MEALS

*For women 5 feet 4—4½ inches tall, and for small men*

FRIDAY—FIRST WEEK

| Breakfast | Total Calories | Protein Calories |
|---|---|---|
| 1/3 cup Grapefruit and juice | 50 | 3 |
| Breakfast Crumbs with ¼ cup skimmed Milk | 22 | 8 |
| No-calory Beverage | | |
| **Dinner** | | |
| Salmon Steak, 3½ ounces | 180 | 88 |
| Hollandaise Sauce | 20 | 3 |
| 1 baked Potato, 2 by 2½ by 2½ inches raw | 100 | 11 |
| ½ cup stewed Celery or ½ cup ½ inch diced Kohlrabi | 30 | 7 |
| ¼ Butter square | 5 | |
| One sliced Tomato, 2 by 2¼ by 2½ inches on Lettuce, vinegar dressing | 32 | 5 |
| 1 Bran Muffin and ½ square Stretched Butter | 60 | 9 |
| Canned or fresh Peaches (p. 103) or ½ cup canned Berries | 100 | 6—10 |
| **Luncheon or Supper** | | |
| Flavoring Broths, ¾ cup (p. 115) | 00 | |
| 6 Bread Sticks | 50 | 9 |
| 5 small green Onions | 10 | 1 |
| French Endive with 1 tablespoon Cooked Salad Dressing (p. 127) | 20 | 3 |
| 1 Hard-boiled Egg | 75 | 27 |
| 2 Bran Muffins, ½ square Butter | 110 | 18 |
| 1/12 Sunshine Cake | 125 | 17 |
| | 989 | 215—219 |

Vegetable calories 132 Fruit calories 125 or more

MODIFICATIONS:

Height, under 5 feet 4 inches—Subtract Hollandaise and 3 bread sticks.
Height, under 5 feet 2 inches—Subtract Hollandaise, 3 bread sticks, one of the evening bran muffins.
Height, 5 feet 5 to 7 inches—Add 1 tomato aspic to luncheon or supper and ½ baked potato at dinner.
Height, 5 feet 7 to 9 inches—Add Tomato aspic, ½ potato and 1 ounce more fish.
Height, 5 feet 9 to 11 inches—Add tomato aspic, ½ potato and 1 ounce more fish, also 1 bran muffin and all the watery vegetable wished.

**Salmon Steak**

Season with Pepper and ½ necessary amount of salt
Place in small pan in hot oven and cover tightly
Dissolve 1 Chicken Bouillon cube in ½ cup water with which baste fish frequently to prevent dryness.
After taking up the fish, add a little water to the pan and scrape into it all the brown from the pan. Season this liquor if necessary and pour over the fish.
Serve with two lemon slices and parsley garnish.

**Hollandaise Sauce**—3 servings, each 20 calories, protein calories 3

1 Egg Yolk
1 tablespoon Water
⅛ teaspoon Salt and
1 dessertspoon Lemon Juice
Place all in a teacup and set in a basin of hot water
Beat slowly till it thickens
Remove from stove and beat in
1 more dessertspoon boiling water and lastly
1 dessertspoon Mineral Oil

**Stewed Kohlrabi**

Cook ½ cup of ½ inch cubes in salted water and add ¼ square stretched Butter just before serving.

### Stewed Celery

Stew 1¼ cup raw Celery pieces in salted water to which has been added the liquor left from the boiled sweetbreads yesterday. Add ¼ square stretched Butter just before serving.

### Tomato Aspic

1 teaspoon Gelatin soaked with
1 dessert spoon Water
½ cup stewed Tomato
Salt
Chopped Green Pepper and
Chopped Onion to taste

## HEALTHFUL REDUCING MEALS

*For women 5 feet 4—4½ inches tall, and for small men*

SATURDAY—FIRST WEEK

| Breakfast | *Total Calories* | *Protein Calories* |
|---|---|---|
| ½ Orange, 2⅞ inches net diameter... | 50 | 3 |
| Breakfast Crumbs with ¼ cup skimmed Milk..... | 22 | 8 |
| No-calory Beverage | | |
| **Dinner** | | |
| Lamb Chops, 2 lean centers, each 2 by 2 by ½ inch, cooked (p. 90) ..... | 200 | 80 |
| ½ cup green Peas..... | 68 | 20 |
| ½ cup Mint Jelly..... | 13 | 10 |
| Radishes ..... | 10 | 2 |
| ½ cup Mashed Potato, with 1 tablespoon skimmed Milk and ¼ teaspoon chopped Chives ..... | 100 | 8 |
| Lettuce, Thousand Island Dressing... | 13 | 2 |
| 1/12 Sunshine Cake (see p. 154) . | 125 | 17 |
| Special Whipped Cream..... | 11 | 9 |
| **Luncheon or Supper** | | |
| Flavoring Broth with 3 tablespoons stewed tomato and 1 teaspoon chopped onion ..... | 9 | |
| 6 Bread Sticks (p. 144)..... | 50 | 9 |
| Celery ..... | 10 | 2 |
| One Poached Egg on 1 slice Whole Wheat Toast..... (1/10 of white lost in poaching) Horseradish | 173 | 40 |
| 1/3 cup sliced Beets with ¼ square Butter ..... | 35 | 4 |
| Fresh Berries (p.104) or ..... | 100 | 6—10 |
| ½ cup stewed Dried Apricots... | 118 | |
| | 989—997 | 220—224 |

Vegetable Calories 139 Fruit Calories 125

MODIFICATIONS:

Height: Under 5 feet 4 inches—Subtract ½ slice toast.
Under 5 feet 2 inches—Subtract ½ slice toast, 3 bread sticks and substitute ½ cup sliced cooked carrots for the peas.
5 feet 5—7 inches—Substitute 1½ sliced hard-boiled egg and ½ cup stewed tomato on the toast.
5 feet 7—9 inches—Egg and tomato as for 5 feet 7 inches also ¼ cup more potato and ½ slice more toast.
5 feet 9—11 inches—Same as for 5 feet 9 inches, also ¼ medium size grapefruit added to salad and 1 more lamb chop center.

**Mint Jelly**—2 servings, each, total calories 13, protein calories 10

2 level teaspoons Gelatin soaked in 2 dessertspoons water
1 cup boiling Water poured over the soaked gelatin, adding
1 tablespoon Lemon Juice
2 or more Sweet Tablets according to taste
2 teaspoons chopped Mint Leaves or
5 drops Mint Flavoring and green coloring

**Thousand Island Dressing**—3 or 4 calories

1 tablespoon Reduction Dressing
1 tablespoon special Chili Sauce (p. 148)
Finely chopped Celery, Onion, and Radish may be added.
It gives a fresh flavor

**Special Whipped Cream for cake**

1 Sweet Tablet dissolved in
¼ teaspoon Vanilla and mixed with
1½ tablespoon Reduction Cream, and fold all into
½ the beaten White of 1 Egg

**Stewed Dried Apricots**—2 quarts, each cup 235 calories, 11 protein calories. The 235 calories are: 159 fruit, 76 sugar calories.

1 pound Dried Apricots washed and soaked 2 hours
Stew slowly till tender and add
¾ cup Sugar
⅛ teaspoon Salt
Water to make 2 quarts

## HEALTHFUL REDUCING MEALS

*For women 5 feet 4—4½ inches tall, and for small men*

### Sunday—First Week

| Breakfast | Total Calories | Protein Calories |
|---|---|---|
| ⅜ cup Orange Juice and pulp unsweetened | 50 | 3 |
| Breakfast Crumbs with ¼ cup skimmed Milk | 22 | 8 |
| **Dinner** | | |
| Chicken, *young* en casserole (p. 121) ½ breast or leg and thigh (p. 90) | 100—110 | 80—92 |
| 1 Baking-powder Biscuit and gravy | 122 | 14 |
| 2/3 cup minced Carrots | 60 | 6 |
| Celery | 10 | 2 |
| Cabbage Salad, 1½ cup Shredded Cabbage on Lettuce with Reduction Dressing | 32 | 6 |
| ¼ cup Cranberry Jelly | 120 | |
| ¼ cup Cottage Cheese, Home-made (p. 163) | 47 | 30 |
| 1 double salted Wafer | 50 | 5 |
| **Luncheon or Supper** | | |
| Cream of Celery Soup | 42 | 11 |
| Croutons from ½ slice Whole Wheat Bread | 50 | 8 |
| 5 young Onions | 10 | 1 |
| Tuna Fish, ¼ cup on ½ serving of Lettuce (p. 92), with 1 tablespoon Lemon juice | 42 | 22 |
| 1 Baking-powder Biscuit, heated | 100 | 12 |
| 2/3 cup Apple Sauce (fruit 55 calories, sugar 70) | 125 | 1 |
| | 982—992 | 209—221 |

Vegetable Calories 125
Fruit Calories 120

MODIFICATIONS:

Height: Under 5 feet 4 inches—Subtract salted wafer.
Under 5 feet 2 inches—Subtract salted wafer and croutons.
5 feet 5—7 inches—Add ¼ cup tuna fish and ½ cup any cooked watery vegetable.
5 feet 7—9 inches—Add ¼ cup tuna fish, watery vegetable, ¼ cup cottage cheese and ½ butter square.
5 feet 9—11 inches—Add ¼ cup tuna fish, watery vegetable, ¼ cup cottage cheese, ½ square butter, 1 Baking-powder biscuit.

**Baking-powder Biscuit**—Low caloried 12 biscuits, each 100 calories, 12 protein calories
1¾ cup sifted white Flour, to which have been added
4 level teaspoons Baking-powder
1 teaspoon Salt and
1¾ tablespoon Butter. Mix into it
¾ cup skim Milk
Roll out and cut 12 biscuits, using ¼ cup Flour

**Chicken Gravy**—1 serving 22 calories, 2 protein calories
Water added to casserole for quantity of gravy desired
Scrape off every particle of brown into the fluid
Salt and Pepper
Bouillon Cube may be used to season if desired
2 teaspoons Flour made smooth with a little Water
When cooked if not sufficiently thick, add
½ to 1 teaspoon soaked India gum
Stir and cook till smooth
Serve on the split biscuit

**Cranberry Jelly**—1 quart, 470 calories to the cup, ¼ cup 120 calories, proteins 0
1 quart picked over and washed Cranberries
3 cups Water
Boil slowly till cranberries are tender
Add 2 cups Sugar and allow to boil 5 minutes. There should be 4¼ cups of the finished product
Place in open stone Jar and do not disturb for 2 days
It should evaporate to 1 quart

**Home-made Cottage Cheese**—4 portions, each 46 calories, 30 protein calories

1 quart clabbered skimmed Milk
Cook curd gently with hot water or on stove
Drain in the usual way. Yields ¾ cup Curd. Add
¼ cup skimmed Milk and season
1 tablespoon Reduction Cream to each portion before serving

**Cream of Celery Soup**—1 serving 42 calories, 11 protein calories

¼ cup cooked Celery pieces and
¼ cup celery cooking fluid heated together with
Seasonings. (Salt, Pepper, and if liked Bouillon cube)
One teaspoon Flour rubbed smooth in
1 tablespoon water and all above thoroughly cooked. Then add
¼ cup skimmed Milk and
1 teaspoon Evaporated Milk
Heat all, but do not boil after milk has been added
If liked thicker, a little soaked gum may be added

**Tuna Fish**—Must be tinned without oil

**Apple Sauce**—2/3 cup 125 calories, 2 protein calories

1 pound Jonathan Apples
Water to well cover
Makes 2 2/3 cups sauce. If less, add hot water sufficient to make quantity
**1/3 cup Sugar**

## HEALTHFUL REDUCING MEALS

*For women 5 feet 4—4½ inches tall, and for small men*

### Monday—Second Week

| Breakfast | *Total Calories* | *Protein Calories* |
|---|---|---|
| ½ Grapefruit 3 inches net diameter | 65 | 4 |
| Breakfast Crumbs, with ¼ cup skimmed Milk | 22 | 8 |

**Dinner**

| | | |
|---|---|---|
| Little Veal Loaf with | 134 | 55 |
| 2 tablespoons Chili Sauce (p. 148) | 6 | 1 |
| 1 Baked Potato (Eat the Skin) | 100 | 11 |
| Cream Sauce | 38 | 9 |
| 2/3 cup shredded green String-beans | 60 | 14 |
| Beet and Celery Salad | 50 | 6 |
| ¾ cup Junket with 1 tablespoon Reduction Cream | 68 | 24 |
| 1 Lady-finger, as purchased | 33 | 3 |

**Luncheon or Supper**

| | | |
|---|---|---|
| Cream of Onion Soup or Cream of Tomato Soup | 56 | 13—16 |
| ½ slice Whole Wheat Bread in croutons | 50 | 8 |
| Radishes | 10 | 2 |
| 1½ Deviled Egg | 113 | 40 |
| 1 partly Whole Wheat Muffin | 100 | 14 |
| ½ square Butter | 10 | |
| ½ cup Spinach | 30 | 6 |
| ½ Cantaloup—4½ inches diameter or 11 Grapes | 50 | 3 |
| | 995 | 221—224 |

Vegetable calories 175 or more
Fruit calories 115

MODIFICATIONS:

Height: Under 5 feet 4 inches—Subtract croutons.
Under 5 feet 2 inches—Subtract croutons and lady-finger.
5 feet 5 to 7 inches—Add ½ deviled egg and 1 lady finger.
5 feet 7 to 9 inches—Add ½ deviled egg, 1 lady-finger and ½ more veal loaf.
5 feet 9 to 11 inches—Add as for 5 feet 9 inches, also add ½ cantaloup and ½ potato.

**Veal Loaf**—5 servings each 134 calories, 54 protein calories
⅜ cup flavoring stock. (If you have not enough use water and Bouillon Cube.) Mix with
¾ cup chopped lean Leg of Veal and
½ cup boiled Rice and
1 tablespoon Flour and
1 Egg and 1 White beaten slightly and add
Seasoning to taste
Baked in 5 little cakes

**Cream of Onion Soup**—56 calories, 13 protein calories
1/3 cup sliced raw Onion salted and stewed in
Water sufficient to make ½ cup when done
¼ cup skim Milk is added and
1 teaspoon Condensed or Evaporated Milk
A little Bouillon cube and India Gum, if preferred

**Cream of Tomato Soup**—56 calories, 16 protein calories
⅜ cup stewed Tomato is thickened with a small amount of India Gum which has been soaked and
1 Chicken Bouillon cube added with other desired Seasonings
⅜ cup skim Milk is heated with
½ teaspoon chopped Chives or
¼ teaspoon Onion juice
Serve the two fluids together, mixing them in the bouillon cup
A pinch of Soda may be added to the tomato if desired

**Cream Sauce**

1 teaspoon Flour cooked in ¼ cup skim Milk. Add
Soaked India Gum to desired thickness and
¼ stretched Butter square just before serving
Season

**Beet and Celery Salad**

1/3 cup finely cut raw celery salted and well mixed with
1 tablespoon Cooked Salad Dressing
¼ cup minced beets carefully folded in, so as not to discolor salad
Serve on Lettuce

**Junket**

Directions on the Junket package, substituting
1 Sweet tablet for each teaspoon Sugar
If Junket is tinted, it makes an attractive dish when served with the Reduction Cream
Junket is best made in the glass in which it is to be served, which may be placed in warm water till the dessert thickens

**Muffins**—partly whole wheat, 8 muffins each 100 calories, 16 protein calories

¾ cup Whole Wheat Flour mixed with
1/3 cup White Flour and
3 level teaspoons Baking-powder and
1 teaspoon Salt and
1 1/3 tablespoon Butter
½ cup Sour Milk or Buttermilk mixed with
¼ cup water and
¼ to ½ teaspoon Soda according to sourness of Milk
Mix the fluid and flour mixtures and bake in 8 portions

**Deviled Egg**

1 tablespoon Reduction Dressing, and
½ teaspoon Horseradish are mixed with the hard-boiled yolk

## HEALTHFUL REDUCING MEALS

*For women 5 feet 4—4½ inches tall, and for small men*

TUESDAY—SECOND WEEK

| Breakfast | *Total Calories* | *Protein Calories* |
|---|---|---|
| 1/3 cup Grapefruit pieces and juice | 50 | 3 |
| Breakfast Crumbs and ¼ cup skimmed Milk | 22 | 8 |
| **Dinner** | | |
| Tomato and Bone Soup | 36 | 14 |
| Celery | 10 | 2 |
| ½ Lettuce serving, French Dressing with 6 Asparagus tips, canned and 1 teaspoon chopped onions | 25 | 7 |
| One Egg Omelet (p. 124) | 75 | 27 |
| 1 partly Whole Wheat Muffin (p. 166) | 100 | 14 |
| 1/3 cup sliced, browned Parsnips | 30 | 3 |
| 1/6 of low-caloried Lemon Meringue Pie | 335 | 17 |
| **Luncheon or Supper** | | |
| Chicken Salad | 110 | 80 |
| 2 Bran Muffins | 100 | 18 |
| Shredded raw Carrot, crisped | 10 | 2 |
| ¾ cup boiled Cauliflower | 45 | 10 |
| Fruit Gelatin—Raspberry or Orange | 38 | 13 |
| 1 tablespoon Reduction Cream, diluted to taste | 2 | |
| Breakfast Wafer | 00 | |
| | 958 | 218 |

No Butter as Pie crust furnishes more than you need.

Vegetable calories 148
Fruit calories 114

MODIFICATIONS:

Height: Under 5 feet 4 inches—Subtract 1 bran muffin
Under 5 feet 2 inches—Subtract 1 muffin and 1/5 of the Pie.
5 feet 5 to 7 inches—Add 1 egg white to the omelet and ¼ cup fresh fruit to garnish gelatin
5 feet 7 to 9 inches—Add *whole* egg to the omelet, fruit to the gelatin, ½ cup of any watery vegetable
5 feet 9 to 11 inches—Add the egg, fruit, another bran muffin and all the watery vegetables you wish

**Bone Soup**

Trim the meat from bones, crack them and boil gently several hours. Allow to stand till the gelatin sets; then skim, reheat and season, adding flavoring broth, bouillon cube, or vegetable cooking fluids to taste. If the jelly is very stiff, ¾ cup contains 20 calories, all of which are protein. If the jelly is formed but not tough 1 cup is required to yield the 20 calories.

**Tomato and Bone Soup**

⅜ cup Bone Soup, heated with
⅜ cup stewed Tomato, seeds removed
Seasonings

**Parsnips boiled and browned**

Boil whole without peeling in just enough water to cover. Peel and slice, placing them in a layer on the bottom of a small pan.
Dissolve 1 Chicken Bouillon cube in
¼ cup water. Add Pepper and 1 Sweet Tablet if desired. Use to baste frequently till the parsnips have browned.

**Low-Caloried Lemon Meringue Pie**—1/6 of pie 335 calories, 17 protein calories

"Low-caloried" is a misnomer for any pie. This is as low as a really good lemon pie can be made. Note Table, p. 95.

**Pastry, single crust**

¼ cup Butter (unstretched) cut into
2/3 cup sifted Flour containing
¼ teaspoon Salt
Water

**Filling**

2 tablespoons Flour and
2 tablespoons Cornstarch rubbed smooth in
¼ cup Water scant, then cooked thoroughly in
1½ cup water containing
1 cup Sugar
¼ teaspoon Salt
Lemon, grated rind and ¼ cup juice. Pour over
Beaten yolks of 2 Eggs, beating furiously.
May have to cook a moment after eggs are added to be sure they are done, continuing to beat so the egg does not "curdle"

**Meringue**

2 stiffly beaten Whites of Egg
4 teaspoons Powdered Sugar
Spread on pie, return to oven and brown slowly

**Chicken Salad**

1/3 cup lean Chicken Meat, breast preferred
1/3 cup fine Celery pieces
1 or 2 tablespoons Reduction Dressing
Serve on Lettuce

**Fruit Gelatin**

1 level teaspoon Gelatin soaked in
1 dessertspoon water, then dissolved with
1/3 cup boiling water containing
1½ teaspoon Lemon juice and
1 or 2 Sweet Tablets. When fluid is cold pour over
¼ cup of fresh fruit in a mold
If fruit is sour you may like to have it stand with a little Sweet Tablet for half hour or so
Handle the fruit carefully to keep juice from oozing, or the jelly may be thin

N.B.—The fruit ration is scanty, and therefore tomorrow's vegetable or fruit ration or both must be correspondingly generous.

N.B.—By studying the menu you will observe the difficulty of taking a high-caloried dessert. It is introduced in this menu, not only to satisfy the craving of the appetite, but to show its effect on the balance and the way it may be overcome.

The lack of protein in the dinner has to be offset by using gelatin as in the soup and night dessert and a meat dish for the night meal. To take meat at noon with the dessert leaves too little food for the last meal. As it is, the night meal has fewer calories, but the heavy protein content makes it satisfactory. At first thought one would think it would be better to transfer the soup to the late meal, but that leaves so little protein at noon that one would be too hungry before time to eat again.

## HEALTHFUL REDUCING MEALS

*For women 5 feet 4—4½ inches tall, and for small men*

### Wednesday—Second Week

| Breakfast | Total Calories | Protein Calories |
|---|---|---|
| 1/3 cup Grapefruit | 50 | 3 |
| Breakfast Crumbs, ¼ cup skimmed Milk | 22 | 8 |

### Dinner

| | | |
|---|---|---|
| Pork Tenderloin (4 ounces) en casserole | 224 | 92 |
| 2 tablespoons Chili Sauce | 6 | 1 |
| 2/3 cup mashed Rutabaga | 70 | 12 |
| 1 cup shredded raw Cabbage with Vinegar Dressing | 20 | 4 |
| 2 Bran Muffins and ½ square Butter | 110 | 18 |
| One Ice-Cream Cone | 90 | 4 |

### Luncheon or Supper

| | | |
|---|---|---|
| Flavoring Broth (p. 115) | 00 | |
| 6 Bran Bread Sticks | 50 | 18 |
| Radishes | 10 | 2 |
| Cheese on Toast | 148 | 29 |
| Artichoke (medium size) and Hollandaise Sauce (p. 156) | 75 | 10— |
| or | | |
| Carrots, 1/3 cup minced, and Peas 1/3 cup | " | 16 |
| ½ cup Mint Jelly (p. 159) or Fruity Jelly (p. 172) | 13 | 10 |
| 1 Pear * 6½ ounces or Delicious Apple, diameter 2⅞ by 3 in. | 100 | 4—1 |
| Reduction Cream if desired | 4 | |
| | 992 | 215—218 |

Vegetable calories 155—175
Fruit calories 150

* The Pear may be sliced and served with the Fruity Jelly and 2 tablespoons Reduction Cream.

Modifications:

Height: Under 5 feet 4 inches—Subtract 1/3 the pear or apple and 2 bread sticks.
Under 5 feet 2 inches—Subtract 3 bread sticks and the ice-cream cone. (May take ½ the apple or pear for dinner.)
5 feet 5 to 7 inches—Add 1 egg to the cheese on toast.
5 feet 7 to 9 inches—Add 1 egg and 1 piece toast.
5 feet 9 to 11 inches—Add 1 egg, 1 piece toast and baked potato at dinner.

**Bran Bread Sticks**—6—50 calories, 9 protein calories

1½ tablespoon of the bran muffin dough or the amount in one of the 12 small muffins
Place the dough into the pan for 6 bread sticks, press flat and bake crisp

**Cheese on Toast**

1 piece of Whole Wheat Bread toasted
3 tablespoons dry, grated Cheese spread over the toast which is first generously sprinkled with water
Place in oven till cheese is melted and eat at once

**Fruity Gelatin or Jelly**

1 teaspoon Gelatin soaked in
1 dessertspoon cold water, then dissolved in
½ cup boiling water containing
1½ to 2 Sweet Tablets and
1 tablespoon Lemon juice
Fruit flavoring, Raspberry, Strawberry, or Pineapple, etc.
If Lemon or Orange is preferred, use a piece of peeling, removing before the jelly sets

## HEALTHFUL REDUCING MEALS

*For women 5 feet 4—4½ inches tall, and for small men*

THURSDAY—SECOND WEEK

| Breakfast | *Total Calories* | *Protein Calories* |
|---|---|---|
| 1/3 cup Grapefruit pieces | 50 | 3 |
| Breakfast Crumbs and ¼ cup skim Milk | 22 | 8 |

**Dinner**

| | | |
|---|---|---|
| Scraped Beef Balls, 3 ounces | 96 | 81 |
| Imitation Fried Onions | 75 | 10 |
| 1 slice Whole Wheat Bread and ½ square Butter | 110 | 17 |
| Pineapple and Celery Salad | 70 | 1—3 |
| Floating Island | 90 | 25 |

**Luncheon or Supper**

| | | |
|---|---|---|
| Vegetable Soup | 30 | 5 |
| Celery | 10 | 2 |
| ¼ cup Beets | 30 | 4 |
| 1 Bran Muffin | 50 | 8 |
| Lobster Newburg on 1 double salted Wafer | 124— | 38— |
| or | | |
| 2/3 glass skim Milk and a second Bran Muffin | 127 | 36 |
| ½ Butter square on Muffin or in Newburg | 10 | |
| Individual White Cake | 125 | 10 |
| ½ cup canned Raspberries or ½ cup Strawberries or 1 cup fresh Berries | 100 | 8—10 |
| | 992—995 | 220—223 |

Vegetable calories 155
Fruit calories 150—200

MODIFICATIONS:

Height: Under 5 feet 4 inches—Subtract wafer.
Under 5 feet 2 inches—Subtract cake.
5 feet 5 to 7 inches—Add 1/3 more beef ball and 1 bran muffin.
5 feet 7 to 9 inches—Add beef ball, bran muffin and 1 graham cracker.
5 feet 9 to 11 inches—Same as for 5 feet 7 to 9 inches and in addition ½ slice bread or 1 bran muffin and all the watery vegetables you wish.

**Scraped Steak Balls**

With a silver knife scrape the lean of tender Round Steak, taking no fat or fiber. Make into balls and pan-broil.

**Imitation Fried Onions**

1 cup raw sliced Onions makes 1 serving

Place in small skillet with 2 tablespoons Water. Season with Salt and Pepper. Cover tightly and allow to simmer till tender. Remove cover, allowing Water to boil out. If desired, alternately add Water and allow to brown till desired color is secured, but when the onions have shrunk to 5/8 cup, they are done. Piquancy is increased by cooking into the Onions 1 tablespoon of Cider Vinegar. When the Steak Balls are removed from the pan, add the Onions and cook for a moment to absorb all the brown flavor.

**Floating Island**—2 desserts, each 90 calories, proteins 25 calories

White of 1 Egg is beaten to a stiff froth and cooked slowly over a pan of water either on the fire or in the oven, the latter preferable

Custard: Cook
1 tablespoon Corn-starch in
1 cup skim Milk diluted with
¼ cup Water and containing
1 tablespoon Sugar. When thoroughly cooked, pour over
1 beaten Egg Yolk and return to fire, beating all till Egg is done. Add Flavoring

**Pineapple and Celery Salad**

¾ cup raw Pineapple containing 2 Sweet Tablets or
¾ slice canned Pineapple, no juice
1/3 cup small Celery pieces
1 tablespoon cooked Salad Dressing
Serve on Lettuce

**Vegetable Soup**

1 tablespoon chopped Carrots
2 tablespoons chopped Cabbage
1 tablespoon chopped Onion
1 tablespoon canned Tomato
1 tablespoon chopped Potato
Water and Seasonings
Bouillon cube to taste

**Lobster Newburg**

Heat 1/3 cup canned Lobster meat, adding necessary fluid and seasonings.

*Sauce*

1 teaspoon Flour and
1 teaspoon soaked India Gum are cooked with
¼ cup Fluid from the Lobster, diluted with
¼ cup Water and poured over
1 beaten Egg Yolk

Season to taste, cooking over water till egg is done. Just before serving add 2 tablespoons fresh Pineapple juice or 2 teaspoons Lemon juice, and if necessary, 1 tablespoon hot water. Place the hot Lobster Meat on Cracker or Toast and pour over it the sauce.

**Plain White Cake**—16 servings, each 125 calories, 10 protein calories

4 level tablespoons Butter creamed with
1 cup Sugar. Add alternately a little at a time
2/3 cup skim Milk and
1¾ cup sifted Pastry Flour containing
4 level teaspoons Baking-powder. Add
Flavoring, ½ teaspoon Vanilla, ½ teaspoon Almond, and lastly
3 Egg Whites, well beaten are folded in
Make into 16 individual cakes

## HEALTHFUL REDUCING MEALS

*For women 5 feet 4—4½ inches tall, and for small men*

### Friday—Second Week

| Breakfast | *Total Calories* | *Protein Calories* |
|---|---|---|
| 1 Orange, 2⅛ inch net diameter | 50 | 3 |
| Breakfast Crumbs and ¼ cup skimmed Milk | 22 | 8 |

**Dinner**

| | | |
|---|---|---|
| Small lean Fish cooked in Tomato Sauce | 118 | 78 |
| Baked Potato and ½ Butter square | 110 | 11 |
| 4 inches of Cucumber, wilted | 24 | 5 |
| ½ cup boiled shredded Cabbage | 30 | 6 |
| Green Onions | 10 | 1 |
| Plain White Cake (1 individual) | 125 | 10 |
| Fruity Gelatin (p. 172) | 13 | 10 |
| 1 tablespoon Reduction Cream, 1 tablespoon Whipped Cream | 22 | |

**Luncheon or Supper**

| | | |
|---|---|---|
| 1 Scrambled Egg | 75 | 27 |
| 1½ slice Whole Wheat Bread and ½ square Butter | 160 | 25 |
| Radishes | 10 | 2 |
| Grated Carrot and Cabbage Salad | 30 | 4 |
| 2/3 cup canned Huckleberries or 1 cup fresh Huckleberries | 100 | 3—2 |
| ⅞ cup skimmed Milk | 77 | 28 |
| | 976 | 221 — 220 |

Vegetable calories 147
Fruit calories 125—150

MODIFICATIONS:

Height: Under 5 feet 4 inches—Subtract ½ slice bread.
Under 5 feet 2 inches—Subtract the cake.
5 feet 5 to 7 inches—Add ¼ cup fruit at dinner and 1 egg white to supper or luncheon egg.
5 feet 7 to 9 inches—Add fruit and 1 whole egg and ½ slice bread.
5 feet 9 to 11 inches—Add fruit, egg, 1 slice bread and all the watery vegetable you wish.

**Fish, a small lean fish boned (bluefin or small trout good)**

Trim off the belly portion. Take piece 3½ inches wide at its base and 6½ inches long to root of tail
Season, place in pan and pour over it 3 tablespoons thin Tomato Sauce
Bake 15 minutes
Baste twice, using 3 tablespoons Tomato Sauce, which is kept hot

**Thin Tomato Sauce, for use in cooking**—1 tablespoon 3 calories

1 cup stewed Tomatoes, chopped and cooked up with
½ teaspoon chopped Onion
Seasoning (Salt, Black and Cayenne Pepper, Paprika and Celery Salt)
½ teaspoon Agar-agar

**Wilted Cucumber**

4 inches of a medium-sized Cucumber, sliced very thinly
Add Salted Ice Water and soak ½ hour or till Cucumber is sufficiently salty
Drain and thoroughly dry, and add
½ teaspoon Mineral Oil. Mix through and through and place on ice for an hour or more
½ hour before serving remove free fluid and add
1 teaspoon any preferred Vinegar containing
⅛ of a Sweet Tablet and
Pepper
1 teaspoon Water and
1 teaspoon Lemon juice
Keep on ice till served

**Boiled, Shredded Cabbage**

Slice Cabbage very finely as for slaw—1½ cup
Have 1 quart of Water heating, containing
1 dessertspoon Salt
When Water is boiling furiously, throw in the Cabbage and continue the fast boiling for 12 minutes
Drain and serve
The fluid can be used, in part at least, for flavoring broths. The Salt in the water and fast cooking have acted as a deterrent of the vegetable salts being taken up by the water. If you are fond of cabbage use a small amount of water, and less salt. It then has a stronger flavor but more vitamins and minerals.

**Carrot and Cabbage Salad**

1 4-inch Carrot (average diameter 1 inch), grated
½ cup chopped Cabbage
½ teaspoon chopped Onion
1 tablespoon boiled Dressing (p. 127)
Serve on Lettuce

## HEALTHFUL REDUCING MEALS

*For women 5 feet 4—4½ inches tall, and for small men*

SATURDAY—SECOND WEEK

| Breakfast | Total Calories | Protein Calories |
|---|---|---|
| 1/3 cup Grapefruit, pieces and juice | 50 | 3 |
| Breakfast Crumbs and ¼ cup skimmed Milk | 22 | 8 |

### Dinner

| | | |
|---|---|---|
| Boiled Veal Tongue, 6 slices each (1½ by 3 by ⅛ inch (p. 91) | 120 | 42 |
| Horseradish Scalloped Potato | 239 | 34 |
| Tomato, Cucumber and Onion Salad | 30 | 5 |
| ½ cup Wax Beans | 60 | 14 |
| 1 cup fresh Berries or 1 9-ounce Orange | 100 | 3— 10 |

### Luncheon or Supper

| | | |
|---|---|---|
| Bone Soup (p. 168) | 10 | 10 |
| 6 Bran Bread Sticks (p. 172) | 50 | 9 |
| Celery | 10 | 2 |
| Double portion home-made Cottage Cheese on Lettuce (p. 163) | 92 | 60 |
| 1 slice Whole Wheat Toast and ½ square Butter | 110 | 17 |
| ½ cup stewed Tomato | 30 | 5 |
| Cornstarch Pudding, with sugar, and 1 tablespoon Reduction Cream | 43 | 4 |
| | 966 | 216—223 |

Vegetable calories 180
Fruit calories 150

MODIFICATIONS:

Height: Under 5 feet 4 inches—Make the pudding without sugar and subtract 4 bread sticks.
Under 5 feet 2 inches—Subtract sugar and bread sticks and ¼ the scalloped potato.
5 feet 5 to 7 inches—Add ¼ more scalloped potato and ¼ cup skimmed milk added to the cream for the pudding.
5 feet 7 to 9 inches—Add extra potato and milk and 1 slice tongue and ½ slice bread.
5 feet 9 to 11 inches—Same as for 5 feet 9 inches and in addition another ½ slice of bread toast and slice of meat and all the watery vegetable you wish.

**Scalloped Potatoes**—1 serving

¾ of a 100 calory Potato
⅜ cup skim Milk
⅜ cup Water
1 teaspoon evaporated or condensed Milk
¼ cup Cracker Crumbs
½ teaspoon chopped Onion
Salt and Pepper

**Tomato, Cucumber and Onion Salad**

2/3 Tomato, 2 by 2¼ by 2½
1 inch of Cucumber
½ teaspoon chopped Onion
Lettuce
Reduction Mayonnaise

**Corn-starch Pudding**—2 desserts, each 75 calories, 8 protein calories

1 cup skim Milk
2 level tablespoons Corn-starch
2 Sweet Tablets
Flavoring
One dessertspoon Sugar may be used for sweetening, adding 20 calories. The total will be 95 calories if Sugar is used

## HEALTHFUL REDUCING MEALS

*For women 5 feet 4—4½ inches tall, and for small men*

SUNDAY—SECOND WEEK

| Breakfast | *Total Calories* | *Protein Calories* |
|---|---|---|
| ½ Grapefruit, 3 inches diameter | 65 | 4 |
| Breakfast Wafers | | |
| **Dinner** | | |
| ¼ Spring Chicken, (4 ounces) en casserole | 140 | 100 |
| 1 baked Potato | 100 | 11 |
| Brown Sauce | 17 | 3 |
| Cabbage and Green Pepper Salad | 30 | 6 |
| Asparagus, canned, 9 4-inch canned tips or 6 6-inch fresh | 30 | 10 |
| Lemon Tapioca Pudding | 113 | |
| 1 tablespoon Reduction Cream, Sweet Tablet and flavoring | 2 | |
| 1 single Graham Cracker | 50 | 5 |
| **Luncheon or Supper** | | |
| Cream of Mushroom Soup | 56 | 17 |
| 2 salted Wafers, single | 50 | 5 |
| Celery | 10 | 2 |
| ¼ cup chopped Beets with 1 tablespoon juice | 30 | 4 |
| 1 Egg Omelet and 1 piece Bacon (p. 91) | 95 | 28 |
| 1 slice Whole Wheat Bread and ½ Butter square | 110 | 17 |
| Watermelon, ¼ section edible portion, 1⅝ by 4 inches, or Canned Peaches, 2 large halves, 2 tablespoons juice | 100 | 5 |
| | 998 | 217 |

Vegetable calories 175
Fruit calories 118—168

MODIFICATIONS:

Height: Under 5 feet 4 inches—Subtract bacon and wafers.
Under 5 feet 2 inches—Subtract bacon, wafers and either the graham crackers or ½ the tapioca pudding.
5 feet 5 to 7 inches—Add 1 egg to the omelet.
5 feet 7 to 9 inches—Add 1 egg and ½ more fruit at supper or lunch.
5 feet 9 to 11 inches—Add egg and fruit, ¼ more chicken and all the watery vegetable you wish.

**Brown Sauce**

Brown from casserole dissolved in
¼ cup Water. Add
1½ teaspoon Flour and cook thoroughly. Add
Seasoning, and
Soaked India Gum to desired consistency
Chicken Bouillon Cube may be added

**Cabbage and Green Pepper Salad**

One full half cup finely chopped Cabbage
Wet and allow to lie on the ice 2 hours
Dry and mix with
1 teaspoon chopped Green Pepper and
1 large tablespoon Reduction Dressing
Improved by adding
½ Sweet Tablet dissolved in
1 teaspoon Malt Vinegar

**Lemon Tapioca Pudding**—4 desserts, each 115 calories, 0 protein

¼ cup Pearl Tapioca soaked 2 hours with
3 cups Water. Boil till clear. Add
2 dessertspoons Lemon juice and
1/3 cup Sugar
¼ teaspoon Salt
Boil all together a few moments, stirring constantly

**Cream of Mushroom Soup**

2 ounces Mushrooms—canned
¼ cup Mushroom liquor, ¼ cup Water
¼ cup skim Milk
Salt and Pepper
Season and heat all together
A little soaked India Gum, if thickening is desired

## HEALTHFUL REDUCING MEALS

*For women 5 feet 4—4½ inches tall, and for small men*

### Monday—Third Week

| Breakfast | Total Calories | Protein Calories |
|---|---|---|
| ½ Orange, 2⅞ inch net diameter | 50 | 3 |
| Breakfast Crumbs, ¼ cup skim Milk | 22 | 8 |

**Dinner**

| | | |
|---|---|---|
| 2 ounce Veal Leg and 1½ ounce Lamb Leg en casserole | 120 | 91 |
| Brown Sauce (p. 182) | 11 | 1 |
| ½ cup Green Peas | 68 | 19 |
| 1 Baked Potato | 100 | 11 |
| ½ square Butter | 10 | |
| Mint Jelly (p. 159) | 13 | 10 |
| ½ cup Brussels Sprouts | 30 | 6 |
| Radishes | 10 | 2 |
| Fruit Cup | 100 | 4 |

**Luncheon or Supper**

| | | |
|---|---|---|
| Tongue Broth—from the Veal Tongue portion | 00 | |
| 6 Bran Bread Sticks (p. 172) | 50 | 9 |
| Celery | 10 | 2 |
| Poached Egg | 73 | 25 |
| *2* Popovers | 160 | 28 |
| Lettuce, French Dressing (p. 127) | 13 | *2* |
| 1 square Butter | 20 | |
| Canned Pear, 2 large halves and 3 tablespoons juice, or | 100 | 1 |
| Full ½ cup Apple Sauce (p. 163) | " | |
| | 960 | 222 |

Vegetable calories 154
Fruit calories 200

MODIFICATIONS:

Height: Under 5 feet 4 inches—Subtract bread sticks.
Under 5 feet 2 inches—Subtract bread sticks and ½ the fruit for dinner or supper or lunch as preferred.
5 feet 5 to 7 inches—Add 1 popover.
5 feet 7 to 9 inches—Add 1 popover and ½ more meat.
5 feet 9 to 11 inches—Add 1 popover and ½ more meat and all the watery vegetables you wish.

**Veal and Lamb Leg en casserole**

Brown the Meat
Place in casserole, Lamb above the Veal
Pour over seasoned brown fluid obtained by adding
Water to frying pan and scraping in the brown particles
Bake in the covered casserole

**Fruit Cup**

1 inch slice of fresh Pineapple cut in pieces or
¾ slice of canned Pineapple with no juice
½ Peach or ¼ cup Strawberries (before hulling)
¼ Orange, 2⅞ inches diameter
If preferred, other fruits totaling 100 calories may be used. See pages 101-103.

**Popovers**—8, each 80 calories, 14 protein calories

Sift together
1 cup sifted Flour
¼ teaspoon Salt; gradually beat in
1 cup skimmed Milk, and
1 Egg beaten till light
Beat two minutes with a rotary beater, place in hot buttered gem pans and bake in a fast oven

## HEALTHFUL REDUCING MEALS

*For women 5 feet 4—4½ inches tall, and for small men*

### Tuesday—Third Week

| Breakfast | Total Calories | Protein Calories |
|---|---|---|
| 1/3 cup Grapefruit | 50 | 3 |
| Breakfast Crumbs with ½ cup skim Milk | 22 | 8 |
| **Dinner** | | |
| Creamed Chicken and Mushrooms in | 141 | 75 |
| Popover Shell, heated | 80 | 14 |
| Brussels Sprouts or Cabbage, ½ cup | 30 | 6 |
| Tomato Salad, 1 Tomato 2 by 2¼ by 2½ on Lettuce | 32 | 7 |
| Cooked Dressing (p. 127) | 10 | |
| 3 Bran Bread Sticks | 25 | 4 |
| Carrot Slivers | 10 | 2 |
| Ice-Cream Cone with | 90 | 6 |
| ½ cup fresh Strawberries | | —5 |
| or | | |
| ½ Orange sliced | 50 | 3 |
| **Luncheon or Supper** | | |
| Bean Soup with 4 Oyster Crackers | 100 | 30— |
| or | | |
| 2/3 cup young Lima Beans | | 32 |
| 2 Bran Muffins (p. 149) | 100 | 18 |
| ½ square Butter | 10 | |
| Celery | 10 | 2 |
| 1 Egg scrambled with 1 piece Bacon (p. 91) | 95 | 28 |
| ¾ cup raw Sauerkraut or ½ cup pickled Cabbage | 20 | 4 |
| 1 Banana with 2 tablespoons Reduction Cream and Sweet Tablets to taste | 104 | 5 |
| | 979 | 215 |

Vegetable calories 130—195
Fruit calories 200

MODIFICATIONS:

Height: Under 5 feet 4 inches—Subtract ½ banana.
Under 5 feet 2 inches—Subtract ½ banana, bacon and bread sticks.
5 feet 5 to 7 inches—Add 1 egg white to the scramble and ½ cup watery vegetable.
5 feet 7 to 9 inches—Add whole egg and all watery vegetables you wish.
5 feet 9 to 11 inches—Add egg and vegetable and ½ more chicken and mushrooms.

**Creamed Chicken and Mushrooms**

1/3 cup pieces Chicken Meat with
⅛ cup finely sliced canned Mushrooms and fluid to cover
*Sauce*
The fluid drained from the Mushrooms
Water sufficient to make ⅜ cup
1 teaspoon Flour rubbed smooth with some of the water and cooked in above Fluid
1 teaspoon Condensed or Evaporated Milk added when done
Soaked Gum to desired consistency
Serve in a left over Popover shell which has been lightly sprinkled with water and heated

**Bean Soup**

1 teaspoon chopped Onion boiled with
⅛ cup dry Beans
Rub through a sieve and add
⅜ cup Flavoring Broth and
⅛ cup skim Milk
Salt and Pepper, and only 4 Oyster Crackers used
2/3 cup fresh Lima Beans are of practically same caloric value as the soup if boiled plainly and seasoned with Salt and Pepper

**Pickled Cabbage**

Red Cabbage, shredded finely
Vinegar diluted and containing
Sweet Tablets and Spices to taste
Boil Vinegar mixture and cool
Cover the Cabbage with cooled mixture
After 12 hours it is ready for use

## HEALTHFUL REDUCING MEALS

*For women 5 feet 4—4½ inches tall, and for small men*

### Wednesday—Third Week

| Breakfast | *Total Calories* | *Protein Calories* |
|---|---|---|
| 1 Orange, 2⅛ inches diameter | 50 | 3 |
| Breakfast Crumbs, ¼ cup skimmed Milk | 22 | 8 |
| **Dinner** | | |
| Veal Chops lean as purchased ¼ pound... en casserole with Horseradish | 120 | 72 |
| ¾ of a Baked Potato | 75 | 8 |
| ½ cup stewed Tomato | 30 | 5 |
| Celery | 10 | 2 |
| ½ cup chopped Spinach | 30 | 6 |
| *Apple Pie, special | 245 | 13 |
| **Luncheon or Supper** | | |
| Bone Soup with Flavoring Broth, | 10 | 10 |
| Raw Rutabaga Wafers | 10 | 1 |
| 2 Bran Muffins | 100 | 18 |
| Cheese Souffle | 161 | 45 |
| Salad, Celery, Cucumber, Onion and Cooked Cauliflower | 38 | 5 |
| Custard No. 2, with 2 level teaspoons Jam and 1 tablespoon Reduction Cream | 92 | 15 |
| | 993 | 211 |

Vegetable Calories 155
Fruit Calories 86

*Note how much harder to balance the meal with pie. Yesterday's and to-morrow's meals must compensate.

MODIFICATIONS:

Height: Under 5 feet 4 inches—Subtract jam.
Under 5 feet 2 inches—Subtract jam and ¼ of the pie.
5 feet 5—7 inches—Add ¼ more meat and 1 tomato aspic.
5 feet 7—9 inches—Add ¼ more meat, and 1 tomato aspic, and double the potato.
5 feet 9—11 inches—Same as 5 feet 7—9 inches adding 1 bran muffin and all the watery vegetable you wish.

**Apple Pie, special single crust**

Pastry as for lemon pie (p. 169)
Filling
1 pound Jonathan Apples. Peel, slice very thinly, and add
½ cup granulated Sugar
¼ teaspoon Salt
Cinnamon and Nutmeg in desired amount, and mix all thoroughly together with
⅛ to¼ cup Water according to juiciness of apples, with
2 teaspoons soaked India Gum.
Place in pastry and bake all together, covering till apples are tender, then uncover to brown crust

**Meringue**

2 Egg Whites well beaten. Add
4 teaspoons Powdered Sugar,
Spread on fruit and bake slowly till brown

**Salad**

Cucumber 1 inch piece cut fine
Celery 1/3 cup small pieces
Onion 1 teaspoon chopped
Cooked Cauliflower 1/6 cup (or raw)
Minced Lettuce ¼ cup
1 tablespoon Reduction Dressing
Serve on Lettuce

**Bone Soup with Flavoring Broth**

⅜ cup Bone Soup
⅜ cup Vegetable Flavoring Broth
Season, adding
1 Bouillon Cube if desired

**Cheese Souffle**

1 tablespoon Flour rubbed smooth with
3 tablespoons skim Milk. Add
2 level tablespoons dry, grated Cheese
1 beaten Egg Yolk and
Salt and Pepper
Mix above ingredients and fold in
1 Egg White beaten stiff
Bake in small pre-heated casserole

**Custard No. 2**—three servings, each 40 calories, 15 protein calories

½ cup hot skim Milk diluted with
½ cup boiling Water—poured over
2 level teaspoons Gelatin soaked with
2 dessertspoons Cold Water
The mixture is placed over the fire. When boiling hot, pour it over
1 beaten Egg Yolk, beating rapidly while pouring. Then add
A few grains of Salt
1½ Sweet Tablets and
Flavoring to taste
Allow to stiffen slightly, whip, pile into glasses and allow to stiffen again
In center place 2 teaspoons Jam
Pour around the dessert 1 tablespoon Reduction Cream diluted and sweetened with part of a Tablet, and flavored.

## HEALTHFUL REDUCING MEALS

*For women 5 feet 4—4½ inches tall, and for small men*

THURSDAY—THIRD WEEK

| Breakfast | *Total Calories* | *Protein Calories* |
|---|---|---|
| 1/3 cup Grapefruit | 50 | 3 |
| Breakfast Crumbs and ¼ cup skimmed Milk | 22 | 8 |
| **Dinner** | | |
| Sweetbread en casserole, 3 oz. (heart) | 114 | 69 |
| 2 Lemon slices | 3 | |
| 1 Baked Potato | 100 | 11 |
| Stuffed Tomato Salad | 40 | 6 |
| ½ cup Rutabaga dice, with ¼ Butter square | 40 | 4 |
| 5 Radishes | 10 | 2 |
| Watermelon, ½ section edible portion, 1⅝ inches thick, radius 4 inches | 200 | 10 |
| or | | |
| Piece Special Custard Pie | 193 | 27 |
| **Luncheon or Supper** | | |
| Cream of Spinach Soup | 59 | 16 |
| 3 Bread Sticks (bran) | 25 | 4 |
| Celery | 10 | 2 |
| Two 6-inch ears small fresh Corn | | |
| or | | |
| 1/3 cup canned Corn | 100 | 12 |
| ½ Butter square | 10 | |
| Scrambled Egg Sandwich (1 slice Whole Wheat Bread, Horse Radish, 1 egg) | 175 | 44 |
| 1 cup skimmed Milk | 88 | 32 |
| 1 small Apple or 1 Graham Cracker | 50 | 5—1 |
| | 996—989 | 228—241 |

If pie at noon, apple at night
If melon at noon, may have cracker at night if prefer.

Vegetable Calories 190
Fruit Calories 100—250

MODIFICATIONS:

Height: Under 5 feet 4 inches—Subtract ¼ the milk and bread sticks.
Under 5 feet 2 inches—No pie, but may have ½ the watermelon.
5 feet 5—7 inches—Add 1 graham cracker or substitute a good sized for small apple and add 3 bread sticks.
5 feet 7—9 inches—Add to 5 feet 5—7 inches another ounce sweetbread.
5 feet 9—11 inches—Add to 5 feet 7—9 inches a bran muffin and all the watery vegetable you wish.

**Stuffed Tomato Salad**

2/3 of Tomato 2 by 2¼ by 2½ inches
1 tablespoon finely cut Celery
1 tablespoon finely cut Cucumber
½ teaspoon chopped Onion
Lettuce for serving
1 tablespoon boiled Dressing (p. 127)

**Special Custard Pie**—1/6 of pie 193 calories, 27 protein calories

Pastry (p. 169)
Custard Filling
2 Eggs
2 cups skimmed Milk
1½ tablespoon Sugar
4 Sweet Tablets
Vanilla and Cinnamon

**Cream of Spinach Soup**—59 calories, 16 protein calories

1 tablespoon chopped cooked Spinach heated with
¼ cup Spinach Juice and
½ cup skimmed Milk and
1 teaspoon soaked India Gum
½ Bouillon Cube
Seasonings to taste

## HEALTHFUL REDUCING MEALS

*For women 5 feet 4—4½ inches tall, and for small men*

FRIDAY—THIRD WEEK

| Breakfast | Total Calories | Protein Calories |
|---|---|---|
| 1/3 cup Grapefruit Pieces | 50 | 3 |
| Breakfast Crumbs and ¼ cup skimmed Milk | 22 | 8 |
| **Dinner** | | |
| Boiled Lake Trout (5 ounces, fat trimmed, not boned, cooked, is 3 by 2 by ⅞ in.) | 175 | 115 |
| ½ cup boiled Squash, very moist or | 60 | 4 |
| ½ cup Rutabaga cubes | 35 | 3 |
| ¼ cup Spinach | 15 | 3 |
| Celery | 10 | 2 |
| 5 little raw Onions, or 1 sliced Onion (p. 106) | 10 | 1 |
| 2½ inches of Cucumber, sliced and crisped with Vinegar Dressing | 15 | 2 |
| 2 Bran Muffins | 100 | 18 |
| ½ square Butter | 10 | |
| Lemon Gelatin with Malaga Grapes | 63 | 12 |
| 2 Lady-fingers | 66 | 6 |
| **Luncheon or Supper** | | |
| Soup filched from to-morrow's Stew * | | |
| Croutons—½ slice Whole Wheat Bread | 50 | 7 |
| ½ cup boiled Cauliflower, or | 30 | 7— |
| ½ cup boiled shredded Cabbage | | 6 |
| Radishes | 10 | 2 |
| Salad, ½ Pear (p. 103) and 1/3 cup Celery, with Cooked Dressing on Lettuce | 70 | 3 |
| 1 Bran Muffin | 50 | 9 |
| 1 Shredded Wheat Biscuit, with 1 tablespoon Jam, and | 175 | 13 |
| 2 tablespoons Reduction Cream | 4 | |
| | 985—960 | 215—213 |

Vegetable Calories 133 Fruit Calories 165

* Better made a day ahead and heated just before eating.

MODIFICATIONS:

Height: Under 5 feet 4 inches—Subtract croutons.
Under 5 feet 2 inches—Subtract croutons and Lady-fingers.
5 feet 5—7 inches—Add 1 egg for supper or luncheon and ½ cup watery vegetable when desired.
5 feet 7—9 inches—Add 1 egg, 1 bran muffin and all the watery vegetable you wish.
5 feet 9—11 inches—Same as for 5 feet 7—9 inches and 1/5 more fish and another Lady-finger.

**Boiled Lake Trout**

After dressing thoroughly, cut an inch slice through the thick part of the fish and cut off the belly edges so that the piece weighs 5 ounces
Put 1 pint Water in a small stew pan. Add
1 level teaspoon Salt
When boiling very briskly, throw in the slice of fish and boil 15 minutes
Drain and serve with
½ square stretched Butter, spread on the fish, and Garnish with 2 Lemon slices

**Lemon Gelatin with Malaga Grapes**

1 teaspoon Gelatin soaked in
1 dessertspoon cold Water and dissolved by
½ cup (scant) Boiling Water containing
1 tablespoon Lemon Juice and
1 or more Sweet Tablets
Peel, seed, and halve 11 Grapes. Put ½ of them in the gelatin when cool. Use the rest for garnish, arranged about the jelly mold

**Beef Stew with Vegetables**

3 ounces Round Steak, lean, as purchased. Trim off fat, and brown Steak
Fricassee till very tender, then add
¼ cup Carrots, sliced finely
½ cup Shredded Cabbage
1 tablespoon chopped Onion
½ of a 100-calory Potato
Continue to cook till vegetables are tender

## HEALTHFUL REDUCING MEALS

*For women 5 feet 4—4½ inches tall, and for small men*

SATURDAY—THIRD WEEK

| Breakfast | Total Calories | Protein Calories |
|---|---|---|
| ½ Grapefruit, 3 inches net diameter | 65 | 4 |
| Breakfast Crumbs and ¼ skimmed Milk | 22 | 8 |
| **Dinner** | | |
| Beef Stew with Vegetables (See previous page) | 187 | 90 |
| 2 tablespoons Chili Sauce | 6 | 1 |
| 1 Bran Muffin | 50 | 9 |
| Lettuce, French Dressing (p. 127) topped with Pineapple, ½ slice canned or 1 inch slice fresh | 13<br>50 | 2<br>2 |
| ½ cup stewed Celery or Spinach or ¼ cup Beet Greens | 30 | 3—7 |
| Orange Pudding or Strawberry Pudding | 46 | 13—15 |
| 1/12 of an Angel Food Cake | 105 | 14 |
| **Luncheon or Supper** | | |
| Chicken Soup taken from to-morrow's chicken | 00 | |
| 6 Bread Sticks (bran) | 50 | 9 |
| Celery, all you wish | 10 | 2 |
| ½ cup sliced Carrots | 30 | 3 |
| 1 Bran Muffin | 50 | 9 |
| 1 Egg, boiled or scrambled | 75 | 27 |
| ½ cup Pickled Red Cabbage or Slaw—vinegar dressing (p. 187) | 20 | 4 |
| 1/12 of an Angel Food Cake | 105 | 14 |
| Special Vanilla or Maple Ice-Cream | 40 | 11 |
| | 954 | 225—231 |

Butter is found in the stew, where it is needed most for palatable results

Vegetable Calories 150
Fruit Calories 140

MODIFICATIONS:

Height: Under 5 feet 4 inches—Subtract the bread sticks.
Under 5 feet 2 inches—Subtract 1 piece of angel food cake.
5 feet 5—7 inches—Use 4 ounces trimmed round steak for the stew.
5 feet 7—9 inches—Serve the larger stew, add 1 bran muffin and ¼ cup fruit to pudding.
5 feet 9—11 inches—Same as 5 feet 7—9 inches, adding another bran muffin and all the watery vegetable you wish.

### Custard No. 3

1 cup boiling Water containing
1 large piece Orange Peel and
1 Sweet Tablet—poured over
2 teaspoons Gelatin soaked in
2 dessertspoons cold Water. Add
2 teaspoons evaporated Milk. Remove the peel, and when the dessert becomes soft jelly, whip and add
2 tablespoons Reduction Cream, and fold in the
Orange pieces
Use the Orange juice for a sauce
¼ cup hulled Strawberries may be used instead of Orange. The Strawberry Pudding will contain 15 protein calories

### Chicken Soup

Stew to-morrow's chicken till nearly done and allow to cool in its own liquor. Take proportion of liquor that belongs to your piece of meat, season and use for to-night's broth, saving a little for gravy to-morrow. If it is not flavored highly enough, add a little Chicken Bouillon Cube. Be sure to skim the fluid of all fat before using, and wipe the piece of meat clear of fat that may cling when removing from the broth.

The Chicken must be a young one and as free from fat as possible.

**Orange Pudding**—Two deserts, each 46 calories, 13 protein calories

½ of a 9 ounce Orange sliced and allowed to stand with
1½ Sweet Tablet thoroughly dissolved

**Angel Food Cake**—12 servings, each 105 calories, 14 protein calories

8 Egg Whites (1 cup) beaten frothy. Add
¾ teaspoon Cream of Tartar; beat till stiff but not dry
1 cup Sugar sifted 5 times and gradually folded into the egg mixture
¾ cup sifted Pastry Flour sifted 4 times with
⅛ teaspoon Salt, then slowly sifted and folded into the Egg and Sugar mixture, using wire whisk, lifting as you mix instead of stirring down, and using least possible motions
¼ teaspoon Flavoring is added with the last of the Flour
Slow oven—1 hour. Cake should rise for 30 minutes, become a delicate brown the next 15 minutes, and shrink from the pan during the last 15 minutes
Invert till cool

**Vanilla Ice-Cream, Special**—4 servings, each 30 calories, protein calories 11

Scald ½ cup skim Milk diluted with
½ cup Water and pour over
1 teaspoon Gelatin soaked with
1 dessertspoon Water. Add
1 Egg Yolk beaten
7 Sweet Tablets
⅛ teaspoon Salt, and when the mixture is cold
Vanilla to taste and freeze. When half frozen, add
1 cup Reduction Cream. Finish freezing and pack for ½ hour
For variety, 1 teaspoon Maple Flavoring may be added

## HEALTHFUL REDUCING MEALS

*For women 5 feet 4—4½ inches tall, and for small men*

### Sunday—Third Week

| Breakfast | *Total Calories* | *Protein Calories* |
|---|---|---|
| ½ Orange | 50 | 3 |
| Breakfast Wafer | | |

**Dinner**

| | | |
|---|---|---|
| Fricasseed Chicken, 3/5 Breast (p. 121) | 120 | 80— |
| or Leg and Thigh | " | 90 |
| 1 Buttermilk Biscuit | 100 | 11 |
| Brown Sauce (Gravy) | 22 | 2 |
| Pineapple and fresh Tomato Salad | 77 | 4—5 |
| 2/3 cup fresh Peas | 90 | 26 |
| Radishes | 10 | 2 |
| Angel Food Cake, 1/12 cake | 105 | 14 |
| Chocolate Pudding | 34 | 14 |
| Reduction Cream, 2 level tablespoons | 4 | |

**Luncheon or Supper**

| | | |
|---|---|---|
| Cream Tomato Soup (p. 165) | 56 | 16 |
| Pop-corn, 1½ cup | 100 | 11 |
| Carrot slivers | 10 | 1 |
| ¼ cup Beet Greens or ½ cup Spinach | 30 | 6—3 |
| 2 Bran Muffins and ½ Butter square | 110 | 18 |
| 1 cup fresh Strawberries hulled | | |
| or | | |
| Large Orange, 2⅞ inch net diameter | 100 | 6—10 |
| | 996 | 214 — 226 |

Vegetable calories 114
Fruit calories 175

MODIFICATIONS:

Height: Under 5 feet 4 inches—Subtract ½ the pop-corn.
Under 5 feet 2 inches—Subtract angel food cake.
5 feet 5 to 7 inches—Add 1 egg to Supper or Luncheon.
5 feet 7 to 9 inches—Add 1 egg and all you wish of rutabaga or turnip or any watery vegetable.
5 feet 9 to 11 inches—Same as 5 feet 7 to 9 inches and in addition, 1/3 more chicken and ½ more biscuit and gravy.

**Fricasseed Chicken**

Brown the Chicken a trifle in skillet with no fat
Loosen from pan with a little water and turn. Repeat till cooking is completed, when the meat will be browned
A little soaked India Gum in the cooking fluid keeps the meat more moist

**Gravy or Brown Sauce**

After removing Chicken, allow the pan to thoroughly brown
Add ½ cup Water, and scrape into it all the brown from pan
Thicken with 2 teaspoons Flour, and if desired, a little gum
Season and serve with the meat and biscuit

**Buttermilk Biscuit**—11½ Biscuits, each 100 calories, protein calories 11

1½ tablespoon Butter worked into
1¾ cup sifted Wheat Flour containing
3 level teaspoons Baking-powder and
1 teaspoon Salt, and mixed with
½ cup sour or Buttermilk containing
¼ to ½ teaspoon Soda, depending on sourness of the milk, and diluted with
1/3 cup cold water
Roll out and cut, using ¼ cup sifted Flour

**Pineapple and fresh Tomato Salad**

½ of a tomato 2 by 2¼ by 2½ inches sliced
1 1-inch slice of fresh, or ½ large slice canned Pineapple
1 tablespoon Cooked Salad Dressing (p. 127)
Serve on Lettuce

**Chocolate Pudding**

2 teaspoons Coco-et and
2 Sweet Tablets boiled with
1 cup Water and poured over
2 teaspoons Gelatin soaked with
2 dessertspoons Water. Add
2 teaspoons Evaporated Milk
Vanilla and a few grains of Salt
When stiff beat and allow to stand till again stiff. Serve in glass alternating with small portions of Reduction Cream sweetened and flavored

### A POSTSCRIPT TO THREE WEEKS

If you are still too heavy, repeat according to your preference sufficient menus to complete a course of four weeks before resting from reduction. Or, supplement the three weeks course just completed with the "Meals for Men" (p. 201), subtracting a slice of bread or its equivalent from each day's menu for a man of the same height as yourself. After four weeks' diet restriction, take a rest from reduction and hold your weight stationary for four weeks. See Maintenance Diet, p. 305. Repeat the reduction and rest periods till you have attained the desired weight.

And now pause and reflect. Haven't these three or four weeks made you feel a lot better, and hasn't it been a pretty good time after all? Why be fat, when you can get thin so comfortably and look and feel so well?

## MEALS FOR MEN

### FATHER'S PORTION

Does pater familias now wear a long face? Does it look like another case of the family closet and Christmas?

Cheer up, father! You are not going to be left out. You know we promised your wife not to forget you. In studying the menus for women she has learned a lot to your advantage and now we shall tell her more. Your reducing operation is going to be quite painless. You may miss the doughnuts and a few "gooey" things, but look pleasant so as not to discourage Friend Wife. An hour after dinner you will feel "bully," much better than when you made rather a pig of yourself and ate food that was not good for you.

### BE YOUR BEST

When the pounds begin to drop off you will not only be much happier, you will feel younger, more fit, and be able to enter into your work with more zest. I venture to predict that next year you will make more money, if you are a business man; win more cases, if a lawyer; be more successful, no matter what your profession or vocation. The spring in your step, the light in your eye will proclaim to the world your new joy in living.

### BEHOLD, BEAU BRUMMEL!

And how much more gallant and dashing you will look as the girls "go marching by"—tho the good wife is not supposed to read this paragraph. Anyhow, we are speaking of bachelors who especially hate to be fat and who will love to Grow Thin on Good Food, at the same time becoming handsomer, healthier and more efficient.

### LUNCHEONS BUT NOT LUNCHES

The luncheon or supper menus are planned with the consideration that noon luncheons may have to be taken at a restaurant. If they are taken at home, Flavoring Broth (p. 115) may be added each day, the butter stretched, (p. 131). Reduction Cream (p. 130) and Reduction Mayonnaise (p. 128) may be used, and the food more carefully prepared. Such meals will be more gratifying and yield better results. If all food be taken at home and the midday meal be not too hurried, it is more comfortable during reducing to have dinner at noon and supper at night unless one retires very late, which during reduction is inadvisable. (Again health and reduction walk hand in hand.) Lunching between meals, at bedtime or any odd time is strictly tabu. It will defeat your otherwise best efforts. Such lunching is not good for you anyway, and your meals will be so all-sufficient in the vital necessary elements, your body's need so amply supplied, that between-meal lunches will be superfluous. After the first few days—it takes that

time to get accustomed to the lesser *quantity*—you will not be hungry and will be amazed at the sense of repletion your food affords. (And such good food!)

### YOUR LIMITS

You may safely reduce 2 or 3 pounds a week. A large individual has a larger machine capable of handling a large amount of work. Therefore, the larger you are, the faster you may reduce safely and the more food you may have during the reduction.

If on the following menus you reduce more than 3 pounds a week, you may add to your diet anything you like best, sufficient to keep your loss down to the 3-pound limit. Your scales will tell you how *much* indulgence you may allow yourself.

Why be a fat man, when you may look like the Apollo Belvedere and eat such satisfactory good food during the wondrous transformation?

## HEALTHFUL REDUCING MEALS

*For men 5 feet 8—8½ inches tall*

### MONDAY

| Breakfast * | Total Calories | Protein Calories |
|---|---|---|
| Orange juice and pulp ⅜ cup | 50 | 3 |
| Cereal, ⅜ cup Oatmeal Mush (p. 99) | 100 | 14 |
| With ½ cup whole Milk | 80 | 16 |
| or | | |
| 1 Egg on 1 piece Toast | | |
| **Dinner** | | |
| Roast Beef, lean meat, 2 pieces, each 2½ by 5 by ¼ inch | 200 | 92 |
| 1 Baked Potato (2 by 2½ by 2½ raw) | 100 | 11 |
| Cooking shrinks dimensions ¼ inch | | |
| Special Gravy | 22 | 3 |
| ½ cup Spinach chopped | 30 | 6 |
| Tomato and Lettuce Salad | 35 | 6 |
| Whole Wheat and White Flour Bread | 100 | 15 |
| 1 square stretched Butter (p. 131) | 20 | |
| 5 Radishes | 10 | 2 |
| 1 piece Spice Cake and Black Coffee | 120 | 8 |
| **Luncheon or Supper** | | |
| 2 Eggs, boiled | 150 | 54 |
| 2 slices Whole Wheat or Graham Toast | 200 | 24—30 |
| ¼ cup Sliced Beets | 30 | 4 |
| Celery | 10 | 2 |
| 1 large Baked Apple, see table, p. 206 | 130 | 1 |
| and Reduction Cream if meal is taken at home | 4 | |
| | 1,391 | 261—267 |

Vegetable calories 165
Fruit calories 150

* No-caloried beverages may be taken each morning.

MODIFICATIONS ACCORDING TO HEIGHT:

If 5 feet 6 inches—5 feet 8 inches—Omit 1 slice bread.
If 5 feet 9 inches—5 feet 11 inches—Add ¼ cup beets and ½ slice bread.
If 5 feet 11 inches—6 feet 1 inch—Add ¼ cup beets and 1 slice bread, 1 piece meat.
If 6 feet 1 inch—6 feet 3 inches—Add ¼ cup beets and 1½ slice bread, 1 piece meat and 1 potato.

**Special Gravy**

Pour off all the fat from the roasting pan and place over fire to brown. Move from side to side so that the pan browns well but does not burn. Add water and scrape off every portion of the deliciously flavored brown material on the pan. Take out the amount properly belonging to one portion to make gravy or soup
Thicken as much as you wish of the brown fluid with 2 teaspoons flour and add a little soaked India Gum (p. 116)
Season and serve with the meat
If there is more fluid than you need, save for the dish containing flavoring broths

**Whole Wheat and White Bread**—1 piece 4 by 3½ by ⅜ inch makes 100 calories, 15 protein calories

Boil a 100 calory Potato peeled. Mash and add to the boiling water
Water enough more to make 2 cups. Add
1 dissolved compressed Yeast cake which has been raising 15 minutes with
½ cup water and
1 tablespoon Sugar. Add
4 cups White Flour and put in warm place to rise
When light mix down with
3 cups Whole Wheat Flour and add
1 tablespoon Salt
When light make into loaves and bake when they have doubled in size
½ cup Whole Wheat Flour extra will be required for the board and making into loaves

**Tomato and Lettuce Salad**

1 Tomato, 2 by 2½ by 2¼ inches sliced on
½ large Lettuce Heart
1 tablespoon Reduction Mayonnaise containing
¼ teaspoon chopped Onion or Pepper or Pimento

**Spice Cake**—low-caloried, 16 pieces, each 125 calories, 11 protein calories

3 Egg Yolks
2 tablespoons Butter
½ cup Sour or Buttermilk
¼ cup Water
½ teaspoon Soda
2 cups sifted Pastry Flour
1 level teaspoon Baking-powder
1 cup Sugar
¼ teaspoon Salt
Spices and Flavoring

Spices: 1½ teaspoon Cinnamon
⅛ teaspoon Cloves
¼ teaspoon Allspice
⅛ teaspoon Nutmeg

**Baked Apple**

If you take the apple at a restaurant, it must be eaten plain. There will be plenty of sugar cooked into it. If prepared at home, apple is baked with 1½ Sweet Tablets which are dissolved in ⅛ cup water, a little Cinnamon added, the apple basted and its center filled with the fluid mixture

Take 2 tablespoons Reduction Cream thinned with 2 teaspoons cold water and adding 1½ teaspoon sugar. Serve with the apple.

### REDUCTION CREAM

Reduction Cream is very different from ordinary cream in fattening properties, tho the taste is almost identical. One tablespoonful contains but 2 calories, while ordinary cream—not quite so thick—contains 35 times as much, or 70 calories for each tablespoonful. Reduction cream can be made by any good cook. The recipe is to be found on page 130.

### SLICED BEETS

Instead of the sliced beets, a vegetable salad without dressing or with Reduction Dressing may be taken, or another cooked vegetable. For purposes of substitution see pages 104 to 107.

### CELERY AND OTHER RAW VEGETABLES

The celery is listed as 10 calories, but you may eat all you wish. You will hardly be able to eat enough to make your total calories exceed 1400. Celery is very bulky for the contained calories, as are other raw vegetables. Their valuable vitamin and mineral are so good for you that the menus do not limit the amount you may eat.

## HEALTHFUL REDUCING MEALS

*For men 5 feet 8—8½ inches tall*

### TUESDAY

| Breakfast | *Total Calories* | *Protein Calories* |
|---|---|---|
| Fruit, see table, pp. 101-103 ..... | 50 | 3 |
| * Breakfast Cereal ..... | 100 | 6 or more |
| ½ cup Milk..... | 80 | 15 |
| or | | |
| Egg and Toast—instead of cereal and milk | | |
| **Dinner** | | |
| Leg of Veal, 3 ounces, cooked with | 90 | 72 |
| Leg of Lamb, 2 ounces (p. 88) . | 80 | 56 |
| or | | |
| 2 broiled lean Veal Chops, each (2 by 4 by ½ inch cooked)..... | 200 | 120 |
| ½ cup mashed Potato..... | 100 | 8 |
| ½ cup Green Peas, fresh or canned | 68 | 19 |
| Mint Jelly, ½ cup (p. 159) .... | 13 | 10 |
| Lettuce, French Dressing (p. 127) ..... | 13 | 2 |
| Special Apple Pie (p. 189) ..... | 245 | 13 |
| **Luncheon or Supper** | | |
| ¾ cup Flavoring Broth from yesterday's meat and vegetable (p. 121) ..... | 000 | |
| 2 Poached Eggs ..... | 146 | 50 |
| 2 pieces Whole Wheat and White or Graham Toast ..... | 200 | 24—35 |
| ½ inch cube ordinary Butter. | 25 | |

* Diversify cereals as you prefer. See table, pages 98-100.

† Whenever the term "cube" is used, ordinary butter is allowable.

**Luncheon and Supper**—*Continued*

| | | | | |
|---|---|---|---|---|
| ½ cup Stewed Tomato..... | 30 | | 5 | |
| Celery or 5 raw Onions..... | 10 | | 1—2 | |
| 4½ inch Cantaloup or 5½ inch Banana ..... | 100 | | 5 | |
| | 1,350—1,380 | | 289—292 | |

Vegetable calories 140
Fruit calories 186

MODIFICATIONS:

Height: 5 feet 6 to 8 inches—Subtract ½ cantaloup, ½ piece bread, and the mint jelly.
5 feet 9 to 11 inches—Add ½ cup mashed potato.
5 feet 11 inches to 6 feet 1 inch—Add ½ cup mashed potato and ¼ cup peas.
6 feet 1 to 3 inches—Add ½ cup mashed potato and ¼ cup peas, ½ more meat and all the watery vegetables you wish.

**Mint Jelly**

If mint is not liked, any other flavor may be substituted

**Toast**

When toast or bread are mentioned it is to be understood that slices 4 by 3½ by ⅜ inch are meant—and *before* toasting

## HEALTHFUL REDUCING MEALS

*For men 5 feet 8—8½ inches tall*

### WEDNESDAY

| Breakfast | *Total Calories* | *Protein Calories* |
|---|---|---|
| 1/3 cup Grapefruit pieces and juice | 50 | 3 |
| Cereal and ½ cup Milk or Egg and Toast | 180 | 21—29 |

**Dinner**

| | | |
|---|---|---|
| ¼ of a young Spring Chicken, en casserole, 5½ ounces before cooking (p. 121) | 193 | 137 |
| 1 Baked Potato | 100 | 11 |
| ½ cup sliced Carrots | 30 | 3 |
| Cabbage Salad with Pineapple | 70 | 5 |
| Celery | 10 | 2 |
| 1 piece Spice Cake | 120 | 8 |
| * Special Ice-cream | 54 | 15 |

**Luncheon or Supper**

| | | |
|---|---|---|
| 1 piece Milk Toast (1 cup milk) | 260 | 25—30 |
| ½ cup Cauliflower or any watery vegetable | 30 | 7 |
| Asparagus and Lettuce Salad—9 canned 4-inch tips, with Reduction Dressing | 34 | 6 |
| Radishes | 10 | 2 |
| 1 slice Bread | 100 | 12—15 |
| ½ inch Butter cube | 25 | |
| 1 large Apple | 100 | 1 |
| | 1,356 | 261—266 |

Vegetable calories 182
Fruit calories 175—200

* Or one small cone (commercial).

MODIFICATIONS:

Height: 5 feet 6 to 8 inches—Subtract bread and butter from one meal.
5 feet 9 to 11 inches—Add 2 tablespoons grated cheese to milk toast and ½ baked potato to the dinner.
5 feet 11 inches to 6 feet 1 inch—Add 1 baked potato, cheese to milk toast and ½ slice bread.
6 feet 1 inch to 6 feet 3 inches—Same as 6 feet 1 inch and add ½ more ice-cream, all the watery vegetable you wish and another ½ slice bread.

**Cabbage Salad with Pineapple**

2/3 cup finely chopped Cabbage seasoned with Salt and Pepper
2 teaspoons Lemon juice and
2 tablespoons Pineapple juice in which is dissolved Sweet Tablet to taste. Lastly add
1 inch slice of raw Pineapple cut finely or
1 slice unsweetened canned Pineapple or
½ slice of sweetened canned Pineapple
Serve on Lettuce
May use Reduction Mayonnaise if you wish, instead of Lemon juice and Sweet Tablet

## HEALTHFUL REDUCING MEALS

*For men 5 feet 8—8½ inches tall*

### THURSDAY

| Breakfast | *Total Calories* | *Protein Calories* |
|---|---|---|
| Fruit | 50 | 3—5 |
| Cereal and ½ cup Milk or Egg and Toast | 180 | 21—29 |
| **Dinner** | | |
| Sirloin Steak, 2 by 3 by ¾ inch | 200 | 110 |
| or | | |
| 2 Hamburg Steaks, each 2½ by ⅞ in. | " | —100 |
| *1 Baked Potato or boiled in skin | 100 | 11 |
| Brown Sauce (p. 182) | 22 | 2 |
| ⅝ cup Imitation Fried Onions (p. 174) | 75 | 10 |
| or | | |
| ⅝ cup Chopped Beets | | |
| Stuffed Tomato Salad (p. 192) or Mixed Vegetable Salad (p. 188) | 40 | 6 |
| 1 slice Whole Wheat Bread and ½ square stretched Butter | 110 | 15 |
| 1 cup fresh Berries with 2 teaspoons Sugar, and 2 tablespoons Reduction Cream | 120 | 10 |
| or | | |
| ½ cup Stewed Apricots (p. 160) | 118 | 5 |
| **Luncheon or Supper** | | |
| ¾ cup Raw Oysters | 75 | 37 |
| 24 Oyster Crackers or Wafers—2 double | 100 | 10 |
| †Cabbage Slaw—½ to 1½ cups | 30 | 5 |
| Celery | 10 | 2 |

* Practically no shrinkage if boiled in skin.

† Dressing of salt, pepper and vinegar, hot or cold. Hot vinegar shrinks cabbage.

**Luncheon or Supper**—*Continued*

| | | |
|---|---|---|
| 2 6-inch ears of fresh Corn with ½ inch cube Butter or | 125 | 12 |
| 1 slice Whole Wheat or Graham Bread, ½ inch cube Butter | | |
| Ice-cream, 2 cones | 150 | 9 |
| | 1,389—1,386 | 258—263 |

Vegetable calories 235—185
Fruit calories 124

MODIFICATIONS:

Height: 5 feet 6 to 8 inches—Subtract ½ the ice-cream and ½ the crackers.

5 feet 9 to 11 inches—Add ¼ cup oysters and ½ slice bread.

5 feet 11 inches to 6 feet 1 inch—Add ¼ cup oysters, ½ slice bread, ½ more steak.

6 feet 1 inch to 6 feet 3 inches—Same as 5 feet 11. inches, adding a potato and as much watery vegetable as you wish.

### Cabbage Slaw

Instead of the Cabbage slaw a salad may be substituted of Lettuce, Endive, or mixed raw vegetables, with a dressing of vinegar or any of the dressings recommended on pages 127 and 128; but if Tomato is chosen less in bulk may be taken—a tomato 2 by 2¼ by 2½ inches will be sufficient.

## HEALTHFUL REDUCING MEALS

*For men 5 feet 8—8½ inches tall*

### FRIDAY

| Breakfast | *Total Calories* | *Protein Calories* |
|---|---|---|
| Fruit | 50 | 3—5 |
| Cereal and ½ cup Milk, or Egg on Toast | 180 | 21—29 |
| **Dinner** | | |
| Boiled Trout, 3 by 2 by ⅞ inch, cooked | 175 | 115 |
| or | | |
| Whitefish broiled after trimming, 2 pieces each 2 by 2½ by ½ inch | | |
| ¾ cup mashed Potatoes | 150 | 12 |
| 5 inches Cucumber sliced | 30 | 5 |
| 5 young Onions or Radishes | 10 | 1—2 |
| ½ cup String Beans | 60 | 14 |
| Pumpkin Pie, 1/6 of pie | 253 | 23 |
| **Luncheon or Supper** | | |
| Tomato Toast (1 piece toast and 1 cup stewed tomatoes) with | 160 | 17—22 |
| 1 hard-boiled Egg sliced on the Tomato Toast | 75 | 27 |
| ½ cup sliced Carrots | 30 | 3 |
| Celery | 10 | 2 |
| 1 slice Bread and ½ inch cube Butter | 125 | 12—15 |
| 2 fresh Peaches | 100 | 6—4 |
| or | | |
| Canned Peaches, 2 large pieces with 3 tablespoons juice | | |
| | 1,408 | 260—277 |

Vegetable calories 200
Fruit calories 110—150

MODIFICATIONS:

Height: 5 feet 6 to 8 inches—Subtract ¼ cup potato and 1 slice bread and butter.
5 feet 9 to 11 inches—Add ½ of a boiled egg and ¼ cup carrots.
5 feet 11 inches to 6 feet 1 inch—Add 1 boiled egg and all the watery vegetables you wish, including ¼ cup more string beans.
6 feet 1 to 3 inches—Add same as 6 feet 1 inch, adding 1 slice more bread and ¼ cup potatoes.

**Pumpkin Pie,** 6 servings

Pastry, p. 169

Filling:

1 teaspoon New Orleans Molasses
1 cup Sugar
1 cup canned Pumpkin
1 Egg
2 cups skimmed Milk
Salt ¼ teaspoon
Spices to taste
Vanilla

If you prefer the pie sweeter, you may add sweet tablets to taste.

## HEALTHFUL REDUCING MEALS

*For men 5 feet 8—8½ inches tall*

### SATURDAY

| Breakfast | *Total Calories* | *Protein Calories* |
|---|---|---|
| Fruit | 50 | 2—5 |
| Cereal and ½ cup Milk, or Egg and Toast | 180 | 21—29 |
| **Dinner** | | |
| Flavoring Broth (p. 115) | 00 | |
| Beef Tenderloin trimmed of fat, 5 oz. | 195 | —152 |
| or | | |
| Pork Tenderloin trimmed of fat (5 oz.) | 200 | 150 |
| or | | |
| Veal Roast, 2 pieces, each 4 by 4 by ⅛ inch | " | 140 |
| Brown Sauce with 2 Mushrooms (p.182) | 26 | 5 |
| ½ cup Sauerkraut, or | 30 | 6 |
| ½ cup boiled shredded Cabbage | | |
| 5 Radishes | 10 | 2 |
| ¾ cup mashed Potato | 150 | 12 |
| Shredded Wheat Biscuit with ¼ cup stewed Apricots (p. 160) or | 160 | 12—10 |
| 1 tablespoon Jam, and | 175 | |
| 2 tablespoons Reduction Cream | 4 | |
| **Luncheon or Supper** | | |
| Bacon and Egg Sandwich (if at home) (1 Boiled Egg, chopped, 2 pieces Bacon, 1-inch slice Bread) | 215 | 31 |
| or | | |
| 1 Poached Egg on Toast, and 1 piece Bacon, 1 by 2½ (restaurant) | | |
| Spinach, ½ cup | 30 | 6 |
| Tomato and Lettuce Salad | 32 | 5 |
| Dill Pickle | 10 | 2 |

**Luncheon and Supper**—*Continued*

| | | |
|---|---|---|
| 1 piece Whole Wheat or Graham Toast and ½ inch Butter cube | 125 | 12—15 |
| ⅜ cup Apple Sauce (p. 163) | 100 | 1 |
| | 1,332 | 257—270 |

Vegetable calories 197
Fruit calories 115—137

MODIFICATIONS:

Height: 5 feet 6 to 8 inches—Subtract 1 piece bacon, mushrooms and ¼ cup potato.
5 feet 9 to 11 inches—Add ¼ cup potato and 1 egg.
5 feet 11 to 6 feet 1 inch—Same as 5 feet 11 inches, 1 slice bread and ⅛ cup applesauce.
6 feet 1 to 3 inches—Same as 6 feet 1 inch, adding all the watery vegetable you wish, and 2 mushrooms.

**Bacon**—If cooked at home, two pieces thinly shaved 1¾ by 8 inches with fat thoroughly cooked out.

**Salad**—If taken at home, Reduction dressing will allow you to take a large salad. If taken at a restaurant, a small salad, unless it can be obtained without rich dressing.

## HEALTHFUL REDUCING MEALS

*For men 5 feet 8—8½ inches tall*

### SUNDAY

| Breakfast | *Total Calories* | *Protein Calories* |
|---|---|---|
| Fruit | 50 | 2—5 |
| Cereal and ½ cup Milk or Egg and Toast | 180 | 21—29 |
| **Dinner** | | |
| Chicken—2¾-pound broiler ½ breast and 1 thigh | 175 | 125 |
| ½ cup mashed Potato | 100 | |
| Cabbage, Carrot Salad (p. 178) | 30 | 4 |
| 1 Buttermilk Biscuit and Gravy (p. 199) | 122 | 13 |
| Boiled Onions, 5 hearts (p. 106) | 50 | 5 |
| or | | |
| ½ cup Rutabaga cubes | 35 | —4 |
| Cream Sauce, 2 portions (p. 166) | 20 | 3 |
| or | | |
| 1 square Butter, stretched | | 0 |
| Celery | 10 | 2 |
| Lemon Tapioca Pudding (p. 182) | 115 | |
| **Luncheon or Supper (Home)** | | |
| Stolen Chicken Broth (p. 121) | 00 | |
| Croutons from ½ slice Bread | 50 | 7 |
| 1 Egg Omelet, or | 75 | 27 |
| ¼ cup Cottage Cheese (p. 163) | 45 | —30 |
| Asparagus on Toast, 9 4-inch tips, and 1 piece Bread | 127 | 21 |
| 5 Radishes or 5 young Onions | 10 | 1—2 |
| Strawberry or Peach Shortcake (p. 219) | 253 | 18—22 |
| | 1,367—1,322 | 257—275 |

Vegetable calories 177
Fruit calories 177—152

MODIFICATIONS:

Height: 5 feet 6 to 8 inches—Subtract ½ the peach shortcake.
5 feet 9 to 11 inches—Add another white of egg to omelet *or* ½ more cottage cheese.
5 feet 11 inches to 6 feet 1 inch—Add whole egg or double the cheese. Add ¼ cup potatoes and ½ more onions.
6 feet 1 to 3 inches—Same as 5 feet 11 inches. And 1 biscuit and gravy and ½ piece toast.

**Shortcake**

1 heated Biscuit
2 large peaches (p. 103) or
1 1/3 cups Strawberries
2 ½ teaspoons Sugar
(sweet tablets may be added if preferred)
1 ½ tablespoons Reduction Cream (pp. 129-130)

### NOTE TO FRIEND WIFE

These meals may be repeated indefinitely, but it will be more delightful to intersperse others for variety. Take the Meals for Women if your husband is not too tall, and serve, in addition to the menu for the day, a very large egg either as a separate dish or as an ingredient, as best pleases him. Or if you prefer, make every measure just a trifle fuller than for yourself. Or still another way is to give him approximately 100 more calories of meat. Any of these ways will give him the food and the reduction that he needs and make possible an endless variety while he reduces, four weeks reducing then four weeks resting, alternately, till his weight is just what it should be.

Why should you have a fat husband when you can make him handsome and still feed him well? Help him to Grow Thin on Good Food.

### REDUCING MEALS OF PLAIN FOODS

Many of you live under conditions that make it impossible to secure unusual cooking. You, also, we can help. The only condition imperative is that fats be avoided. You must choose lean pieces of meat and cut all the fat from your portion. Your vegetable must be served before fat is added. Your milk is the bottom half of the bottle after standing several hours. Your eggs, etc., must be cooked without fat—no fried foods. These menus may not give you quite so rapid reduc-

tion because you are not always sure your food is exactly as ordered, but you will reduce, and the reduction will be fat only. If you like plain every-day food you will be pleased with these menus. And you will have the satisfaction of knowing that they supply your every need.

Why be fat, when simple, healthful, all-needful *good* food may be eaten while you are gaining normal slenderness?

## HEALTHFUL REDUCING MEALS

*Plain Foods*

For Men 5 feet 4 or 5 inches tall
(For Women 5 feet 4 or 5 inches tall, subtract
1 piece bread or its equivalent)

### MONDAY

**Breakfast**

Black Coffee or Kaffee Hag

| *and this* | *or this* |
|---|---|
| ½ cup Post Toasties | *Toast made from 1 piece bread (4 by 3½ by ½ inch) |
| and | and |
| ½ pint skimmed Milk (the lower ½ of the bottle) | 1 medium size Egg |

**Dinner**

Corned Beef, 2½ by 4½ by ½ inch
or
Roast Beef, 2½ by 5 by ½ inch
Boiled Cabbage, cooked in salted water
½ cup, or segment 2 by 2½ by 3½ inches
1 Potato, boiled in skin or baked
1¾ by 2¼ by 2¼ inches if baked
measurements ¼ inch more boiled
Tomato, 2 by 2¼ by 2½ inches on
Lettuce, 2 or 3 leaves
Celery, all you wish

**Luncheon or Supper**

2 slices Baker's Graham or Whole Wheat Bread
†3½ by 4 by ½ inch each
Butter, ½ inch cube
2 Boiled or Poached Eggs
Head Lettuce, all you wish, with
Reduction Dressing, Vinegar or Salt
5 Button Radishes
½ cup plain boiled String Beans
Plain Jello without Cream

* Same size implied whenever toast is mentioned.

† A 100-calory slice of bread is implied whether or not size is specified.

MODIFICATIONS ACCORDING TO HEIGHT AND SEX

**For Men:**

If 5 feet 5½— 7 inches tall—Add ¾ cup Milk or Buttermilk, or 1 small Egg.

If 5 feet 7 — 9 inches tall—Add ¾ cup Milk or Egg and 1 piece Bread (3½ by 4 by ½ inch)

If 5 feet 9 —11 inches tall—Add ¾ cup Milk or Egg; and 1 piece Bread, ¼ more Meat and all the watery Vegetable you wish.

If 5 feet 11—6 feet 1 inch tall—Add ¾ cup Milk or Buttermilk, or 1 small Egg; and 2 pieces Bread, ½ more Meat or, ¼ more and either 1 Egg or 1 cup Milk extra. All the watery Vegetable you wish.

If 6 feet 1 — 3 inches tall—Add same as for 6 feet 1 inch, above, and 1 extra Potato and ¼ inch cube of Butter.

**For Women:**

If 5 feet 4—5 inches tall —Subtract 1 piece Bread.

If 5 feet 3—4 inches tall —Subtract ½ the morning Toast or Cereal and 1 piece Bread.

If 5 feet 2—3 inches tall —Subtract all the morning Toast or Cereal and 1 piece Bread.

If 5 feet 1—2 inches tall —Subtract the morning Cereal and Toast, 1 piece Bread and ½ the dinner dessert.

If 5 feet to 5 feet 1 inch tall—Subtract Cereal, Toast, 1 piece Bread, and ½ both the noon and night desserts.

## HEALTHFUL REDUCING MEALS

*Plain Foods*

For Men 5 feet 4 or 5 inches tall
(For Women 5 feet 4 or 5 inches tall, subtract
1 piece bread or its equivalent)

### TUESDAY

**Breakfast**

Black Coffee or Kaffee Hag

| *and this* | *or this* |
|---|---|
| ⅜ cup Oatmeal Mush | 1 thin piece Salted Toast |
| and | 3½ by 4 by ½ inch |
| ½ Pint Milk | 1 large Egg |

**Dinner**

Roast Veal, 4 by 4 by ⅛ inch
or
2/3 cup Lobster Meat
1 Baked Potato
1 slice Graham Bread, 3½ by 4 by ½ inch
½ cup Cauliflower
*Lettuce Salad, all you wish
½ inch cube Butter
¾ cup fresh Pineapple, sweetened
or
1 slice canned Pineapple with 3 tablespoons Juice

**Luncheon or Supper**

½ cup canned Baked Beans
2 tablespoons Tomato Catsup
1 slice Whole Wheat or Graham Bread with
½ inch cube Butter
½ cup Spinach, chopped
Celery, all you wish
5 raw young Onions
½ slice Watermelon ½ inch thick from a 9 inch melon
or
Canned Pears, 1 large half with 2 tablespoons juice

* If preferred, the Lettuce and Lobster may be eaten in a salad.

MODIFICATIONS ACCORDING TO HEIGHT AND SEX

**For Men:**

If 5 feet 5½— 7 inches tall—Add ¾ cup Milk or Buttermilk or 1 small Egg.

If 5 feet 7 — 9 inches tall—Add ¾ cup Milk or 1 Egg also 1 piece Bread (3½ by 4 by ½ inch).

If 5 feet 9 —11 inches tall—Add ¾ cup Milk or 1 Egg, 1 piece Bread, ¼ more Meat and all the watery Vegetable you wish.

If 5 feet 11—6 feet 1 inch tall—Add ¾ cup Milk or 1 Egg; and 2 pieces Bread, ½ more Meat or, ¼ more and either 1 Egg or 1 cup Milk. All the watery Vegetables you wish.

If 6 feet 1 — 3 inches tall—Same as for 6 feet 1 inch above and 1 extra Potato and ¼ inch cube of Butter.

**For Women:**

If 5 feet 4—5 inches tall —Subtract 1 piece of Bread.

If 5 feet 3—4 inches tall —Subtract ½ the morning Cereal or Toast and 1 piece Bread.

If 5 feet 2—3 inches tall —Subtract all the morning Toast or Cereal and 1 piece Bread.

If 5 feet 1—2 inches tall —Subtract the morning Cereal and Toast, 1 piece Bread and ½ the dinner dessert.

If 5 feet to 5 feet 1 inch tall—Subtract Cereal, Toast, 1 piece Bread, and ½ both noon and night desserts.

## HEALTHFUL REDUCING MEALS

*Plain Foods*

For Men 5 feet 4 or 5 inches tall
(For Women 5 feet 4 or 5 inches tall, subtract
1 piece bread or its equivalent)

### WEDNESDAY

**Breakfast**

Black Coffee or Kaffee Hag

*and this*
1 heaping cup Corn Flakes
and
½ pint Milk

*or this*
1 piece salted Toast
and
1 large Egg

**Dinner**

Lean Round Steak Broiled, 3 by 3 by ⅜ inch
or
Broiled Hamburg, 2½ inches diameter by ⅞ inch thick
Horseradish
½ cup Riced Potato, plain salted
½ cup Stewed Tomato
½ cup Rutabaga cubes or
½ cup sliced Carrots
Celery all you wish
½ cup Custard

**Luncheon or Supper**

2-Egg Omelet
2 slices Whole Wheat or Graham Bread
* Asparagus and Lettuce Salad, 8 tips
½ Lettuce heart and
1 small green Onion
5 Radishes
1 cup fresh Berries, or
¾ cup sliced Orange and Juice
(1½ teaspoon Sugar, adds 30 calories. You may take it and still keep within limits.)

Your vegetables run a few calories shy, but yesterday you stored a lot of mineral. If your omelet contains butter, you may omit eating butter to-day.

* Use reduction dressing if possible.

MODIFICATIONS ACCORDING TO HEIGHT AND SEX

**For Men:**

If 5 feet 5½— 7 inches tall—Add ¾ cup Milk or Buttermilk, or 1 small Egg.

If 5 feet 7 — 9 inches tall—Add ¾ cup Milk or Egg and 1 piece Bread (3½ by 4 by ½ inch).

If 5 feet 9 —11 inches tall—Add ¾ cup Milk or Egg and 1 piece Bread, ¼ more Meat and all the watery Vegetable you wish.

If 5 feet 11—6 feet 1 inch tall—Add ¾ cup Milk or Buttermilk, or 1 small Egg; and 2 pieces Bread, ½ more Meat or, ¼ more and either 1 Egg or 1 cup Milk extra. All the watery vegetable you wish.

If 6 feet 1 — 3 inches tall—Add same as for 6 feet 1 inch, above, and 1 extra Potato and ¼ inch cube of Butter.

**For Women:**

If 5 feet 4—5 inches tall —Subtract 1 slice Bread.

If 5 feet 3—4 inches tall —Subtract ½ the morning Toast or ½ the Cereal and 1 piece Bread.

If 5 feet 2—3 inches tall —Subtract all the morning Toast or Cereal and 1 piece Bread.

If 5 feet 1—2 inches tall —Subtract the morning Cereal and Toast, 1 piece Bread and ½ the dinner dessert.

If 5 feet to 5 feet 1 inch tall—Subtract Cereal, Toast, 1 piece Bread and ½ both the noon and night desserts.

## HEALTHFUL REDUCING MEALS

*Plain Foods*

For Men 5 feet 4 or 5 inches tall
(For Women 5 feet 4 or 5 inches tall, subtract
1 piece bread or its equivalent)

### THURSDAY

**Breakfast**

Black Coffee or Kaffee Hag

*and this*
¼ cup Grape Nuts
and
½ pint Milk

*or this*
1 slice salted Toast
and
1 large Egg

**Dinner**

Sirloin Steak, lean—2 by 3 by ¾ inch
or
Roast Chicken, 2 slices each 4 by 2½ by ¼ inch, or 1 thigh and 1 wing of a 2½ pound Chicken
¾ cup mashed Potato
1 cup Shredded Cabbage with Vinegar or Reduction Mayonnaise
½ cup boiled Onions without Sauce
1 large fresh Pear or Apple
or
1 large half of a canned Pear and 3 tablespoons juice

**Luncheon or Supper**

Poached Egg
1 slice Whole Wheat or Graham Bread
1/3 cup sliced Beets
1 Tomato, 2 by 2¼ by 2½ inches, on Lettuce
Celery, all you wish
Ice-cream Cone

If the first and second days you were compelled to take the lesser protein allotment, you have made it up in yesterday's and to-day's food.

MODIFICATIONS ACCORDING TO HEIGHT AND SEX

**For Men:**

If 5 feet 5½— 7 inches tall—Add ¾ cup Milk or Buttermilk, or 1 small Egg.

If 5 feet 7 — 9 inches tall—Add ¾ cup Milk or Egg and 1 piece Bread (3½ by 4 by ½ inch).

If 5 feet 9 —11 inches tall—Add ¾ cup Milk or Egg and 1 piece Bread, ¼ more Meat and all the watery vegetable you wish.

If 5 feet 11—6 feet 1 inch tall—Add ¾ cup Milk or Buttermilk, or 1 small Egg; add 2 pieces Bread, ½ more Meat or ¼ more and either 1 Egg or 1 cup Milk extra. All the watery vegetable you wish.

If 6 feet 1 — 3 inches tall—Add same as for 6 feet 1 inch above and 1 extra Potato and ¼ inch cube of Butter.

**For Women:**

If 5 feet 4—5 inches tall —Subtract 1 piece of bread.

If 5 feet 3—4 inches tall —Subtract ½ the morning Toast or ½ the Cereal and 1 piece Bread.

If 5 feet 2—3 inches tall —Subtract all the morning Toast or Cereal and 1 piece Bread.

If 5 feet 1—2 inches tall —Subtract the morning Cereal and Toast, 1 piece Bread and ½ the dinner dessert.

If 5 feet to 5 feet 1 inch tall—Subtract Cereal, Toast, 1 piece Bread and ½ both the noon and night desserts.

## HEALTHFUL REDUCING MEALS

*Plain Foods*

For Men 5 feet 4 or 5 inches tall
(For Women 5 feet 4 or 5 inches tall, subtract
1 piece bread or its equivalent)

### FRIDAY

**Breakfast**

Black Coffee or Kaffee Hag

| *and this* | *or this* |
|---|---|
| Wheaties, or any Whole Wheat cooked flakes | 1 slice salted Toast and 1 large Egg |
| ½ pint Milk | |

**Dinner**

Halibut Steak, 3 by 2½ by 1 inch or
Broiled White Fish, 2½ by 2 by ⅜ inch **or**
½ cup canned Tuna (tinned without oil)
Baked Potato
½ inch cube Butter
Cucumbers, crisped, large dish
5 raw young Onions
1/3 cup Brussels Sprouts or
½ cup Sauerkraut

1 slice Whole Wheat Bread

1 cup hulled Strawberries or
1 Orange, 1⅞ inch net diameter

**Luncheon or Supper**

1 Egg and 1 White, scrambled
Lettuce Salad, Reduction Maynonaise (all you wish)
1 tablespoon Catsup
1½ slice Whole Wheat or Graham Bread and
½ inch cube Butter
Radishes, all you wish
Fresh Peaches, 10 ounces (2 medium size) or
Canned Peaches, 2 large halves with 3 tablespoons juice

MODIFICATIONS ACCORDING TO HEIGHT AND SEX

**For Men:**

If 5 feet 5½— 7 inches tall—Add ¾ cup Milk or Buttermilk or 1 small Egg.

If 5 feet 7 — 9 inches tall—Add ¾ cup Milk or 1 Egg also 1 piece Bread (3½ by 4 by ½ inch).

If 5 feet 9 —11 inches tall—Add ¾ cup Milk or Egg, 1 piece Bread, ¼ more Meat and all the watery Vegetable you wish.

If 5 feet 11—6 feet 1 inch tall—Add ¾ cup Milk or 1 Egg; and 2 pieces Bread, ½ more Meat or, ¼ more and either 1 Egg or 1 cup Milk extra. All the watery vegetable you wish.

If 6 feet 1 — 3 inches tall—Same as for 6 feet 1 inch above and 1 extra Potato and ¼ inch cube of Butter.

**For Women:**

If 5 feet 4—5 inches tall —Subtract 1 piece Bread.

If 5 feet 3—4 inches tall —Subtract ½ the morning Toast or ½ the Cereal and 1 piece Bread.

If 5 feet 2—3 inches tall —Subtract all the morning Toast or Cereal and 1 piece of Bread.

If 5 feet 1—2 inches tall —Subtract the morning Cereal and Toast, 1 piece Bread and ½ the dinner dessert.

If 5 feet to 5 feet 1 inch tall—Subtract Cereal, Toast, 1 piece Bread, and ½ both noon and night desserts.

## HEALTHFUL REDUCING MEALS

*Plain Foods*

For Men 5 feet 4 or 5 inches tall
(For Women 5 feet 4 or 5 inches tall, subtract
1 piece bread or its equivalent)

### SATURDAY

#### Breakfast

Black Coffee or Kaffee Hag

| *and this* | *or this* |
|---|---|
| ⅜ cup Oatmeal Mush | 1 slice salted Toast |
| and | and |
| ½ pint Milk | 1 large Egg |

#### Dinner

Tongue, only lean pieces, from the tip half
(4 pieces, each 2 by 2½ by ⅛ inch)
or
Pork Chop, 1 lean center, 2 by 2½ by ⅜ inch, cooked
Baked Potato
Shredded Cabbage, 1½ cup
½ cup Mashed Rutabaga or Fresh Asparagus
½ cup Fruit Gelatin
2 Lady-fingers

#### Luncheon or Supper

¾ cup raw Oysters
or
½ cup (large) Crab Meat
2 tablespoons Tomato Catsup
½ cup chopped Spinach
1½ double salted Wafers
or
18 Oyster Crackers
Celery, all you wish
1 slice Whole Wheat or Graham Bread
½ inch cube Butter
4½ inch Cantaloup
or
5½ inch Banana

MODIFICATIONS ACCORDING TO HEIGHT AND SEX

**For Men:**

If 5 feet 5½— 7 inches tall—Add ¾ cup Milk or Buttermilk, or 1 small Egg.

If 5 feet 7 — 9 inches tall—Add ¾ cup Milk or Egg and 1 piece Bread (3½ by 4 by ½ inch).

If 5 feet 9 —11 inches tall—Add ¾ cup Milk or Egg; add 1 piece Bread, ¼ more Meat and all the watery Vegetable you wish.

If 5 feet 11—6 feet 1 inch tall—Add ¾ cup Milk or Buttermilk, or 1 small Egg and 2 pieces Bread and ½ more Meat or ¼ more and either 1 Egg or 1 cup Milk extra. All the watery Vegetable you wish.

If 6 feet 1 — 3 inches tall—Add same as for 6 feet 1 inch above and 1 extra Potato and ¼ inch cube of Butter.

**For Women:**

If 5 feet 4—5 inches tall —Subtract 1 slice Bread

If 5 feet 3—4 inches tall —Subtract ½ the morning Toast or ½ the Cereal and 1 piece Bread.

If 5 feet 2—3 inches tall —Subtract all the morning Toast or Cereal and 1 piece Bread.

If 5 feet 1—2 inches tall —Subtract the morning Cereal and Toast, 1 piece Bread and ½ the dinner dessert.

If 5 feet to 5 feet 1 inch tall—Subtract Cereal, Toast, 1 piece Bread and ½ both the noon and night desserts.

## HEALTHFUL REDUCING MEALS

*Plain Foods*

For Men 5 feet 4 or 5 inches tall
(For Women 5 feet 4 or 5 inches tall, subtract
1 piece bread or its equivalent)

### SUNDAY

**Breakfast**

Black Coffee or Kaffee Hag

*and this*
1 Shredded Wheat Biscuit
and
½ pint Milk

*or this*
1 slice salted Toast
and
1 large Egg

**Dinner**

Roast Chicken, 2 slices, each 4 by 2½ by ¼ inch, or
1 thigh and 1 wing of a 2½ pound Chicken
½ cup Mashed Potato
Mixed raw Vegetable Salad
Celery, all you wish
½ cup Cauliflower
or
½ cup cooked Cabbage
2/3 cup Grapefruit

**Luncheon or Supper**

1 Egg
1½ slices Whole Wheat Bread, and
½ inch cube Butter
½ cup stewed Tomato
Radishes or Dill Pickle
Large slice raw Cabbage
1 large Apple
or
1 cup Huckleberries
or
1 cup Blackberries
or
½ cup stewed Fruit

MODIFICATIONS ACCORDING TO HEIGHT AND SEX

**For Men:**

If 5 feet 5½— 7 inches tall—Add ¾ cup Milk or Buttermilk, or 1 small Egg.

If 5 feet 7 — 9 inches tall—Add ¾ cup Milk or Egg and 1 piece Bread (3½ by 4 by ½ inch).

If 5 feet 9 —11 inches tall—Add ¾ cup Milk or Egg; add 1 piece Bread, ¼ more Meat and all the watery Vegetable you wish.

If 5 feet 11—6 feet 1 inch tall—Add ¾ cup Milk or Buttermilk, or 1 small Egg; and 2 pieces Bread, ½ more Meat or, ¼ more and either 1 Egg or 1 cup Milk extra. All the watery vegetable you wish.

If 6 feet 1 — 3 inches tall—Add same as for 6 feet 1 inch above and 1 extra Potato and ¼ inch cube of Butter.

**For Women:**

If 5 feet 4—5 inches tall —Subtract 1 piece Bread.

If 5 feet 3—4 inches tall —Subtract ½ the morning Toast or ½ the Cereal and 1 piece Bread.

If 5 feet 2—3 inches tall —Subtract all the morning Toast or Cereal and 1 piece Bread.

If 5 feet 1—2 inches tall —Subtract the morning Cereal and Toast, 1 piece Bread and ½ the dinner dessert.

If 5 feet to 5 feet 1 inch tall—Subtract Cereal, Toast, 1 piece Bread and ½ both the noon and night desserts.

If you are not reducing 2 pounds a week, tho accurate in following food directions, it is because you need more activity. (See Exercise, pp. 243-263.)

If you are reducing more than 3 pounds a week, you should take larger servings. Or you may add other foods. The menus provide all your necessities. You may allow yourself a little luxury. If you prefer, you may have it in the form of sugar in your desserts. Watch your scales so as not to take too much.

Isn't it grand to know what food to eat to keep well and yet go on shrinking?

### A MORE RUGGED ROAD BUT A SAFE ONE

On account of unfavorable living conditions, some must have meals even more easily provided than the foregoing. We aim to help everybody; therefore, general directions follow for the use of those unfortunates who have to select from foods as ordinarily served. Such individuals can always order milk or a poached or boiled egg and can arrange to have their vegetables taken up before the butter or sauce is added and to have their salads served without dressing. Always it is possible for one to provide his own fruit in lieu of dessert, so there can be no failure if one is willing to take on the self-denial. These meals do not excite our enthusiasm. Note we are not saying anything about how good your food is when you are reducing after the manner here set forth. What we do say is, that your necessities are provided so that you may re-

duce without injury to your health, even tho you must do the work under unfavorable circumstances. It is necessary to have these directions, for when one reduces on ordinary foods as ordinarily served, extraordinary care is essential or one is badly nourished, the vital tissues starved and often health seriously impaired.

Why employ wrong methods when good ones are available? And why be fat anyhow when such an abundance of help for your getting thin healthily is herewith offered?

## HEALTHFUL REDUCING MEALS

*Adequate Food*

For Men 5 feet 4—5 inches tall
(For Women Subtract 1 piece of bread)

### Breakfast

Black Coffee or Kaffee Hag
Bran Flakes, ½ cup
Skimmed Milk, ½ pint (the bottom half of a pint bottle)
or Egg, one large

### Dinner

Soup, clear,
Meat, lean (3 by 4 by ½ inch or its equivalent)
Vegetable, choice of:
- Potato, 1¾ by 2¼ by 2¼ inches
- Turnip, Rutabaga, or Kohlrabi, 1½c. ½ in. cubes
- Green Corn, 1 large young ear
- Young Green Peas, ½ cup
- Beans, baked 1/3 cup, canned
- Beets, sliced, one cup
- Parsnips, 1 cup, boiled, sliced
- Watery vegetables, all you wish

* Salad, Vegetable, all you wish without oil or cream
Dessert, Fruits, unsweetened—choice of:
- Orange, medium size, or ½ cup pulp and juice
- Watermelon, ¼ section edible portion, 4 inches radius and 1⅝ inches thick.
- Pear, good size, about 6 ounces
- Apple, large, nearly one-half pound,
- Grapefruit, ½ cup solid pieces and juice
- Cantaloup, ½ of 1, 5 inches across,
- Strawberries, ¾ cup hulled
- Peaches, 1 large or 2 small
- Raspberries, ¾ cup, not packed
- Banana, 5 inches long.

* If you prefer, you may have a second watery vegetable and take your fruit in a salad.

### Luncheons or Suppers

2 Eggs or ¾ cup skimmed Milk and 1 Egg
Vegetable, 1 plain cooked, watery or semi-watery (p. 51)
1 raw—all you wish of both
Bread, 2 slices Graham or Whole Wheat, 3½ by 4 by ½ inch
Butter, ½ inch cube (not ½ of *an* inch cube)
Fruit, as at Dinner

MODIFICATIONS

**For Men:**

5 feet 5½— 7 —Add ¾ cup Milk or Buttermilk, or 1 small Egg.
5 feet 7 — 9 —Add ¾ cup Milk or Egg and 1 piece Bread (3½ by 4 by ½ inch).
5 feet 9 —11 —Add ¾ cup Milk or Egg; add 1 piece Bread, ¼ more Meat and all the watery Vegetable you wish.
5 feet 11—6 feet 1—Add ¾ cup Milk or Buttermilk, or 1 small Egg; and 2 pieces Bread ½ more Meat or, ¼ more and either 1 Egg or 1 cup Milk extra. All the watery vegetable you wish.
6 feet 1 — 3 inches—Add same as for 6 feet 1 inch above; 1 extra Potato, ¼ inch cube of Butter.

**For Women:**

Under 5 feet 4 —Subtract ½ your starchy or semi-watery vegetable, 1 piece Bread.
Under 5 feet 3 —Subtract ½ your starchy or semi-watery vegetable, 1 piece Bread, and Fruit of one of the meals.
Under 5 feet 1 —Subtract ½ your starchy or semi-watery vegetable, 1 piece Bread, ½ of the Fruit of one of the meals, 1 Egg yolk, or more of the Fruit so that you take but ½ of all the Fruit.

# X. EXERCISE: WHY AND HOW

## X

## Exercise: Why and How

You are to have a two-armed deliverer. Diet is the right, but the left, Exercise, must cooperate if you are to secure the best results. Exercise opens the draft of the internal furnaces and fans the flames that burn the hateful fat. If your body fires are poor, your reduction will be slow and painful. With good fires you are full of energy and feel like a million dollars all the time you are shrinking. Nothing you can do will stimulate your body fires like vigorous exercise.

### HARD WORK HAS ITS RECOMPENSE

People who have to work hard are not apt to take on much excess fat unless they eat very improperly. A wash-board, a scrubbing-brush and a shovel are useful implements with which to combat fat, but they are not inspiring of enthusiasm or joy and therefore we do not insist upon them. We recommend a more flowery path to health and beauty. Play is a pleasanter, better and shorter road. It leads through the Valley of Delight and avoids the Mountain of Drudgery. We do with a will that which pleases us, therefore *enjoyable* exercise is of supreme value.

### MAKE IT SNAPPY

Lackadaisical, half-hearted exercise is of small benefit. Just going through motions is not real exercise. Rapid, spirited, forceful play of muscle that warms the blood, quickens the pulse and deepens the breath, brings the happy results. If you become fatigued so that exercise drags, rest, even lie down, *if necessary, and if* you have worked hard enough to have earned the rest you crave. But as soon as you are rested, be up and doing. Never lie down because you enjoy the luxury, or because of ennui or habit. *Lying down always slows reduction,* so indulge yourself only when you *must* have rest in order to go on with verve and vigor.

### START GRADUALLY, BUT STICK TO IT

All forms of exercise should be regulated by judgment. To walk miles at a stretch when beginning, to play golf hours when unaccustomed to the game, or to exhaust oneself at any kind of exercise or play is a frequent error. The one day of work is followed by several of lameness and misery, making an interval of recuperation necessary, dampening one's ardor and hindering results.

Do as much as you are able to accomplish easily, but *do it every day,* never to exhaustion, increasing your effort with your ability to do more. While your fat melts, your muscles become trained and actually

grow, so that you gradually develop more power to do physical things.

If your programs for exercise embrace more work than you can do without being overfatigued, sore, lame and miserable, increase more slowly. Do your best and persist. In time you will be able to accomplish the whole program.

At first, if you are unaccustomed to exercise and have walked but little, you must expect to be somewhat sore and stiff on beginning your day's work; but this should pass off with exercise and should not be a serious discomfort.

### UNLESS YOU ARE ILL

**Safety**—If lameness and sore muscles persist, and stiff and painful joints continue to protest, consult your physician. You may have some hidden infection which in time will make itself manifest in serious ill health. It is wise before beginning your reduction to undergo a thorough physical examination. One should have such examinations periodically whether sick or apparently well, reducing or not. And while all good reduction, as we have said again and again, runs true to form in its health grooves, there are physical conditions in which self-reduction should not be attempted; there are conditions in which certain preliminary treatment should precede reduction—the elimination of infections is one; there are conditions in which other treatment

should go hand in hand with reduction; and there are conditions in which such care should be exercised as is possible only when the patient is under constant surveillance of one specially trained for reduction work. In women especially, physical conditions may be present that demand modification of exercise régimes. If anything is amiss with your generative organs, consult your physician, submit your exercise plan, and have his or her counsel as to whether any part of it should be modified for your use.

### DO NOT EAT LESS, EXERCISE MORE

During your reduction course if you are not getting as much reduction as your diet promises, it is because your exercise is insufficient. Increase either the length of the period or the vigor of your activities. If your exercise is insufficient you may feel languid and weak because your fires are burning low. Keep active and weakness and languor flee. Do not cut your diet below the prescribed food. You need it all and can burn all the fuel it furnishes; but you may have to exercise more in order to do it.

The more food you can burn along with your fat the better you will feel. The better your fires, the cleaner they will burn and the more energy your burning food and fat will give you. Keep your fires burning brightly by activity. Not *less* exercise during reduction, but *more* is necessary.

### TRAMP, TRAMP, TRAMP

**Walking**—Walking should form a part of every reducing régime. Take it on the golf course or where you will, but get the habit. Outdoor exercise stimulates your body fires better than indoor; wálking is always available and is good for you in numberless ways. (N.B.—Again reduction and health go hand in hand.) Learning to walk easily adds another pleasure to your life, removes what has been drudgery, transforms a hardship into an enjoyment. But before you put unusual strain upon the feet they must receive special attention. (See pages 277 and 278.)

### THE RIGHT TIME

Immediately after a meal is the ideal time for your walks. Body fires are more easily stimulated then, and most forms of exercise are too strenuous for the full stomach. Just before eating is the worst time for walking. It gives too much opportunity to think of the approaching meal, and the exercise itself makes you too hungry.

### FASTER AND FARTHER

Train yourself to walk briskly and increase the distance gradually. If your life is sedentary four miles a day for a woman, six or more for a man is a fair achievement. At first divide the walks into several periods to avoid fatigue and that you may maintain a brisk pace to the very end. Time yourself.

### SEE WHAT YOU CAN DO

Speed up more and more as you get in training and your muscles develop. You will finally be able to use 200 calories, 300 calories, even more for every mile you walk. And walking off 3000 calories means losing a pound if you do not increase your food. The faster you walk, the more help you will get from it. Running if you are able is still better. It not only gives you more exercise but makes you breathe more deeply.

### STRETCH YOUR LUNGS

**Breathing**—Any exercise that causes forced deep breathing expands unused lung tissue and gives more room for air. Fires can not burn well without plenty of air. Half-filled lungs do not furnish the body enough oxygen for health. Practise deep breathing till it becomes a habit. Improve your health as you further your reduction. The rule always holds good.

### A MORNING LIFE GIVER

Before rising, windows still open, lying on back, fill chest slowly. Pack every cranny full of air. With full lungs draw up abdominal muscles firmly, making abdominal wall board-like. Hold for ten seconds. Exhale and relax. Repeat three times. Rest. Repeat 3 times. Rest. Repeat 3 times again.

The morning life giver justifies its name. If done correctly and persistently, it

Reduces fat over the abdomen,
Gives a strong abdominal wall,
Assists in overcoming constipation,
Assists in overcoming painful menstruation,
Assists in reduction by stimulating body fires.

Why be fat when everything you need to do to get thin makes you healthier?

### MANY FORMS HELPFUL

**Other Forms**—Any kind of exercise which calls for vigorous use of many muscles and gets the body in a glow is beneficial. Find something you enjoy so thoroughly that you will enter into it with zest and adopt it as a habit. No exercise is of any value unless you do it. No exercise amounts to *much* if done spasmodically and irregularly. The more you enjoy it the more it will help.

### HERE ARE A FEW SUGGESTIONS

Out-of-door games, or indoor vigorous games, gym work, dancing, boxing, dumb bells, Indian clubs, horse-back-riding, fencing, swimming, special systems of vigorous exercise, etc. The things that make you work the hardest will help your reduction most; not things that give you discomfort, but those that set your pulses leaping and your blood tingling with the intensity of your dancing, glowing body fires. And your heart

keeps singing the glad refrain, "My fat is burning, my fat is burning." For when you are on low diet your body fat feeds your body fires.

The choice of some of your activities and exercises should be governed by your figure. Select a few exercises that cause you to reduce most where you have most fat. For example, one who has heavy shoulders and upper arms may use Indian clubs, dumb-bells, etc., to advantage, and any other exercises that give work to the arms and shoulders. One who has especially heavy hips will find certain forms of mat exercises helpful, and upright exercises that call into play the muscles of the hip region. Exercise of any particular set of muscles develops those muscles and destroys some of their regional fat, so that the part becomes smaller and firm.

### SWIMMING

Learn the Australian Crawl.

Swimming is such fine exercise that it deserves a corner all its own. It exercises every part of the body if done vigorously, but we must bear in mind that just paddling in the water accomplishes next to nothing. Learn the real art, with all its fancy twists and turns. Cold-water swimming is preferable if you can swim hard enough to keep warm. Remember getting cold or being cold never reduces. Warming up your cold body by your internal fires is what helps you, for those fires are living on your fat.

### EXERCISE VERSUS ARTIFICIAL HEAT

Whenever you are cold from whatever cause if you can get warm from exercise instead of hugging a radiator you will have gotten rid of a nice bit of fat. Therefore a brisk walk on a *cold* day is especially helpful. If your house is a little cold or you feel chilly from any cause, try warming up by means of one of the following:

### WARMING-UP EXERCISES

1. Run a mile standing still, up and down, faster, faster, till your legs tire.

2. Flapping; strike your sides as far to the back as possible with your bent elbows.

3. Swing both arms forward, up and back, each arm describing a circle and taking a deep breath with each circle—as large a circle as possible.

Repeat until you glow and pant, resting when necessary. How warm you are! Your fat makes a good fire.

### WARMING UP AFTER SHOWERS

In your Exercise Programs you are told to use Warming-Up Exercises after your showers. The foregoing are the exercises meant. They will double the value of the showers.

### PASSIVE EXERCISE

Mechanical or electrical devices which exercise your muscles with no effort on your part are some help,

especially if you are not in a physical condition to exercise yourself. But they can not take the place of your own efforts. To claim that such machines will take off 2 pounds, 1 pound, or even ½ pound in a treatment is absurd exaggeration. Such treatments are adapted to people with bad hearts, or bad varicose limbs, or crippled feet, etc., which preclude much standing or walking; but they will never give as good results as your own active efforts. Some of these machine treatments are quite unpleasant, most of them are not worth the time and money. Take them if you wish, they often are beneficial to general health; but do not try to substitute them for real exercise or expect much reducing effect.

### THE GIST OF IT

The value of any system of exercises to your reduction can be determined by the answers to the following:—

Do the exercises use a good proportion of the muscles of your body?

Are the exercises vigorous, so that their performance sets fiery streams coursing through your veins?

Do they exercise the parts of your body that need most reducing?

Are they a bore and a nuisance to you, or do you get pleasure from their performance, so that you will continue them long enough to get worth-while benefits?

If these questions may be answered by "yes" the

exercises will be of assistance to your reduction, and may be used in your daily program of activity.

### FOR SPECIAL NEEDS

Some of you, from one or another physical disability, may not be able to do much exercising in the upright position. Others of you are especially heavy in the torso and hip. Both groups will find it advantageous to use the following exercises for part of the exercise period each day.

### MAT EXERCISES

Wear a gym-suit, a bathing-suit, or underwear, that motion may be unrestricted; and a firm brassier to protect the breasts.

The first six exercises particularly reduce hips, thighs, abdomen and shoulders. They combine the benefits of rolling with exercise of trunk, thighs and hips. You do not need a gymnasium or public building for effectual rolling. There is just as much massage effect obtained from rolling over and back as from rolling over and over, and much more exercise for the trunk muscles. Rolling like a barrel gives little more than massage.

1. Lie on back, legs extended and hands clasped over head
   Swing right leg out, touching the toe to the floor as far to the right as possible
   Return to first position
   Repeat three times
   Repeat all with the left side

2. Lie on back, legs extended and hands clasped over the head
   Throw the right leg up and across to the left, touching the floor with your toes as far to the *left* as possible while you roll to your left side
   Return to first position
   Repeat three times
   Repeat all with the other side

3. Lie on side with hands above head
   Throw the bent knee high and as close to the body as possible
   Straighten leg—but not with a jerk (that will lame you)
   Repeat three times
   Repeat all with the other side

4. Lying on back, raise right leg and touch toes with the fingers of the right hand
   Repeat three times
   Repeat three times with the other side
   Repeat three times with both legs and hands together

5. Lying on back, hands over head
   Kick right knee up vigorously, reaching close to the body and striking it with the knee if possible
   Repeat three times
   Repeat three times with left knee
   Repeat three times with both knees. You should not attempt this till you have practised the exercise with the knees singly for several days

6. Lying on back, clasp the hands under knees and raise the head from the floor. Then rock forward and back as far as possible. You will need a cushion under the hips and should not attempt it till you have become exercise hardened. Even then take it carefully. Rock three times the first day, increasing as you become accustomed to the exercise.

The following are particularly suited to women who have displacement or weakness of the generative organs. They are corrective for such troubles. It is well to *finish* each exercise period with them.

7. Knee hand position. (Kneeling rest on hands and knees)
   Raise high the right leg, pointing toe out and up as far as possible
   Repeat three times
   Repeat three times with the other leg

8. Knee hand position
   Raise high the right leg crossing over the left and touching floor with the toes as far to the left as possible
   Carry right foot back to the right side in a wide half circle, touching floor
   Repeat the same exercise with the other leg
   Repeat all three times

9. Rocking on stomach—reducing to the abdomen
   Lie flat on stomach with hands clasped behind head
   Rock on your stomach from side to side until you are tired, using your trunk muscles to pull you, not your toes or elbows to push you

## PROGRAMS OF EXERCISE

The following programs provide for your special activities for a month, that being the ideal length of time for your reduction course. If you can not meet all the requirements of this program, do as much as you can. The more you do the better your results will be. It is to be understood that if your regular daily duties demand a great deal of physical exertion, a lesser program of special exercises suffices. On the other hand, if these are your only activities it will be necessary for you to do every one.

### First Day—Monday

1. 1 pint cold water on waking, or a few moments later. Breathing Exercises, "The Morning Life Giver," described on page 248.
   (The cold water should precede the "Morning Life Giver" with a few moments interval so that the stomach will surely retain the water in spite of the vigorous but beneficial churning.)
2. Cold Shower, sponge or tub, followed by Rub and "Warming-Up Exercises" (p. 251).
   (By the time the breathing exercises are done you will be warm enough for the cold treatment of shower, sponge, or tub, as you prefer. Rub yourself vigorously till dry; then the warming-up exercises will set you up for the day as well as burn some fat.)

Breakfast—See Menus

Walk one mile as fast as you can

3. Exercises, for two 5-minute periods
   (See exercises, p. 249. Use any good system of exercises or fancy dances. The dances or other exercises may be practised at any convenient hour except late at night, when you will be too tired to do them effectually.)

4. Hot tub 10 minutes. Two hours later cold treatment, rub and warming up
(If preferred, the hot tub may be taken in the evening, and the subsequent cold treatment omitted.)

### Second Day—Tuesday

Cold water, one pint
Breathing Exercises
Cold treatment followed by rub and warming-up exercises
Walk 1 mile rapidly
Exercises or dances. Two 5-minute periods
A second cold treatment followed by rub and warming-up exercise

### Third Day—Wednesday

Cold water (this to be repeated each morning)
Breathing Exercises
Cold treatment, rub and warming-up
Walk 1¼ mile
Exercises or dances. Two 5-minute periods
10 minute hot tub with cold treatment, rub and warming-up 2 hours after the tub, unless you are retiring

### Fourth Day—Thursday

Breathing Exercises
Cold treatment, rub and warming-up
Walk 1¼ mile rapidly
Exercises or dances—Three 5-minute periods
Two cold treatments with rub and warming-up each time

### Fifth Day—Friday

Breathing Exercises
Cold treatment, rub and warming-up
Walk 1¼ mile rapidly
Exercises or dances—One 10-minute and one 5-minute period
Turkish or sweat bath under careful supervision
If unaccustomed take half the usual time
If not available take prolonged (15 or 20 minutes)

very hot tub bath. Have some one with you. Also be sure your blood pressure is normal

Two hours after the hot treatment, cold treatment and rub. Repeat till reaction is secured. If not accustomed to this treatment do not exercise vigorously after. Do all your work for the day before the treatment

### Sixth Day—Saturday

Breathing Exercises
Cold treatment, rub and warming-up
Walk 1½ mile rapidly
Exercises or dances—Two 10-minute periods
Two more cold treatments at intervals with rub and warming-up

### Seventh Day—Sunday

Breathing Exercises
Cold treatment, rub and warming-up
Walk 2 miles briskly
Whatever other exercise is a pleasure
Make Sunday a little different. A change rests

### Eighth Day—Monday

Breathing Exercises, cold treatment, rub and warming-up
Two walks, one 1 mile, one ¾ mile
Exercises or dances—Two 10-minute periods
Hot tub 10 minutes, with cold treatment in 2 hours; rub and warming-up

### Ninth Day—Tuesday

Breathing Exercises, cold treatment, rub and warming-up
Walks, two 1 mile each
Exercises or dances—Two 10-minute, one 5-minute period
Two cold treatments later, with rub and warming-up

### Tenth Day—Wednesday

Breathing Exercises, cold treatment, rub and warming-up
Walks, two 1 mile each, rapidly

Exercises or dances—Two 10-minute, one 5-minute period
Hot tub 15 minutes. In 2 hours cold treatment, rub and warming-up

### Eleventh Day—Thursday

Breathing Exercises, cold treatment, rub and warming-up
Two walks, one 1½ mile, one 1 mile
Exercises or dances—Three 10-minute periods
Two cold treatments with rub and warming-up

### Twelfth Day—Friday

Breathing Exercises, cold treatment, rub and warming-up
Two walks, one 1 mile, one 1½ mile
Exercises or dances—Three 10-minute periods
Turkish or sweat bath under supervision, cold treatment and rub in 2 hours. Some exercise may be employed to assist reaction, but with care

### Thirteenth Day—Saturday

Breathing Exercises, cold treatment, rub and warming-up
Two walks, one 1 mile, one 1¾ mile
Exercises or dances—Two 15-minute periods, a slight rest between each 5 minutes' exercise
Two cold treatments, rub and warming-up

### Fourteenth Day—Sunday

Breathing Exercises, cold treatment, rub and warming-up
Two walks, one 1 mile, one 2 miles, or as far as you wish
Other exercises as agreeable. Do not give up everything. You will not feel so well and may not reduce tomorrow
Some relaxation on Sunday desirable

### Fifteenth Day—Monday

Breathing Exercises, cold treatment, rub and warming-up
Two walks, one 1 mile, one 2 miles
Exercises or dances—Two 15-minute periods, slight rest each 5 minutes.
Hot tub 15 minutes. In 2 hours cold treatment, rub and warming-up

### Sixteenth Day—Tuesday

Breathing Exercises, cold treatment, rub and warming-up
Walks, one 1½ mile, one 2 miles
Exercises or dances—One 20-minute period, one 15 minutes, short rest every 5 minutes
Two cold treatments with rub and warming-up

### Seventeenth Day—Wednesday

Breathing Exercises, cold treatment, rub and warming-up
Walks, one 1½ mile, one 2 miles
Exercises or dances—One 20-minute period, one 15 minutes with rests at 5-minute intervals
Hot tub 15 minutes, cold treatment, rub and warming-up 2 hours later

### Eighteenth Day—Thursday

Breathing Exercises, cold treatment, rub and warming-up
Walks, two each 2 miles
Exercises or dances—Two 20-minute periods with rests at 5-minute intervals
Two cold treatments with rub and warming-up

### Nineteenth Day—Friday

Breathing Exercises, cold treatment, rub and warming-up
Walks, two each 2 miles
Exercises or dances—Two 20-minute periods with rests as necessary
Turkish or sweat bath. Two hours later cold treatment with rub and warming-up exercises

### Twentieth Day—Saturday

Breathing Exercises, cold treatment, rub and warming-up
Walks, two each 2 miles
Exercises or dances, 45 minutes taken in two or three periods with rests as necessary
Two cold treatments with rub and warming-up

### Twenty-first Day—Sunday

Same as other Sundays, but walking 5 miles in two walks

### Twenty-second Day—Monday

Breathing Exercises, cold treatment, rub and warming-up
Walks, two each 2 miles
Exercises or dances, 45 minutes in two or three periods, resting between periods
Hot tub 15 minutes. In 2 hours cold treatment, rub and warming-up

### Twenty-third Day—Tuesday

Breathing Exercises, cold treatment, rub and warming-up
Walks, one 2 miles, two each 1¼ mile
Exercises or dances, 45 minutes in two or three periods, resting as necessary
Two cold treatments, rub and warming-up

### Twenty-fourth Day—Wednesday

Same as Tuesday except hot tub 15 minutes with cold treatment in 2 hours with rub and warming-up instead of 2 cold treatments

### Twenty-fifth Day—Thursday

Breathing Exercises, cold treatment, rub and warming-up
Walks, one 2 miles, two each 1½ mile
Exercises or dances, 45 minutes in agreeable periods with necessary rests
Two cold treatments, rub and warming-up

### Twenty-sixth Day—Friday

Same as Thursday except vapor or Turkish bath, etc., instead of 2 cold treatments

### Twenty-seventh Day—Saturday

Breathing Exercises, cold treatment as usual
Walk 5 miles divided into two or three walks
Exercises or dances, 45 minutes with rests as needed
Two cold treatments, rub and warming-up

### Twenty-eighth Day—Sunday

Same as last Sunday, walking a little more if you wish

### SUBSEQUENT COURSES

If you have kept in training, repeat Friday's program for Mondays and Wednesdays, except that there should be a hot tub on those days instead of the Turkish bath. Sundays are to be the same as last Sunday. Repeat last Saturday's program on Tuesdays, Thursdays and Saturdays.

If you have not kept up the whole training program, start in at any point you can accomplish with ease and yet which gives you work; and follow the programs on from there. You may gradually add even more activity if you wish and as you wish. You now understand the method of increase and may use your judgment. But be regular, as in the original course.

### DO NOT OVERDO, BUT DO YOUR BEST AND PERSIST

If the program has been too full for your strength or time, you may be walking three miles a day instead of the prescribed 5 and exercising 25 minutes instead of 45. This should be your minimum accomplishment in four weeks time. It is the least that will keep you fit. Subsequent courses if you need them, will give you the time, agility and endurance for the complete program of activity. Persist. Often those who are obliged to go slowly at first accomplish the most in the end because they are more systematic and persistent.

### HOW YOUNG YOU LOOK!

Carefully following diet and exercise programs, so that you reduce 2 to 3 pounds a week and no more, watch your mirror as you may, you will see no sign of a wrinkle. With the dancing or other proper exercises performed vigorously, the fat places will melt and you will see yourself becoming transformed into a lithe, active, graceful figure, growing younger as you grow thinner.

# XI. ACCESSORIES AND SIDELIGHTS

## XI

## Accessories and Sidelights

NO ONE WHO has read thus far can fail to appreciate that the quantity of fat loss depends, primarily, on proper food and proper exercise. In addition to these fundamental requirements, however, there are certain accessory aids to reduction. Again we must impress upon you the fact that, by themselves, these aids are not reducing; but, if used along with proper food and proper exercise, they facilitate general reduction; or they give you added comfort during reduction and may even give pleasure; or they produce most reduction in the parts of your body which need it most.

To know what these accessories are and how they operate, that you may apply them successfully, is to open up a vista of great possibilities. Read carefully this chapter, therefore, before going further with your reduction efforts.

### HEAT AND COLD

One of the best accessory helps is the use of heat and cold, for when properly used, these agents increase the total fat loss. The chapter on exercise explained how burning one's fat heats the body. On

the other hand superheating one's *body* burns its fat, just as wood burns when it becomes overheated by being placed close to a stove. You may make use of this in reduction if you do not push such treatment too far. Fortunately nature has a protective cooling system, which operates when the body gets very hot, inducing perspiration which by evaporation cools the body just as sweating of a porous pitcher full of water cools the water. Otherwise the temperature of the body would run up to a dangerous point. Even with this protection it is easy to overdo the treatment, producing an effect that is exhausting and debilitating, decreasing resistance to cold and to infections. Used correctly, heat not only stimulates fat-reduction, within limits, but the sweating induced improves elimination, thereby helping to *overcome* infections. A Turkish bath once a week with a hot tub bath twice more in the week is all that is permissible for your self-treatment. Begin with a brief exposure to heat, lengthen the period gradually, and take the full treatment only when you become accustomed to it. People who have very high blood-pressure should not take such treatments till the pressure has moderated and then only under professional supervision. If you have had the physical examination advised you will know about your blood-pressure and can "play safe."

You will understand that "hot" treatments are entirely different from the ordinary warm bath which may be taken every day if liked.

### DO NOT CRIPPLE AN ALLY

Another reason for not overdoing hot treatments is that if they are too frequent or too prolonged they cease to be effective. One becomes accustomed to them and no longer responds. Abuse of hot treatments permanently impairs your fat burning powers like living constantly in hot rooms or a very hot climate. Too much artificial heating of the body puts the heat-producing mechanism out of commission so that you lose considerable of your own power to heat yourself from within. You understand the far-reaching undesirable effect of such procedure, for you know that if one's own heating apparatus is not working well there is not a normal burning of food and body fat. It is evident that too much exposure to heat will in time increase your tendency to take on fat.

Thorough heating of the body three times a week, for a course of four weeks' treatment, will have no untoward effect and will assist you in your reduction.

### GET EVERYTHING YOU CAN

After you have been artificially superheated, you may keep your body fires dancing for two hours by protecting yourself from getting cool. If, as soon as you come out of the hot treatment, you step under a cool shower or otherwise cool your body, the treatment is stopped immediately. Why take all that trouble for so little result? Keep well covered but do not induce perspiration. (Remember perspiration cools you.)

### COLD SHOWER ALWAYS

You need the cold shower after the hot treatment as a protection against cold. Besides, it will make you feel a lot better after that prolonged hot period; but wait two hours till you have squeezed every atom of help out of your treatment. Take your heat at a time when you can have two hours before exposure to cold and your shower or cold sponge at the end of the two hours. Then it will be safe for you to go out of doors.

### EXCEPTIONS

Some people do not feel well after any hot treatments. Such people should not take them. Some people can only take a hot treatment with enjoyment and no unpleasant after effects if it is short. Very well, shorten it then. Give yourself less time in the heat and take your shower sooner. No treatment is worth while that does not make you feel well. It can not be good for you. Omit it. Health and well-being *must* walk hand in hand with reduction.

### FAT AND WATER NEVER MIX

An erroneous idea, rather current, is that the amount of sweating measures the reduction value of the hot treatment. You understand differently for you know that the sweating apparatus is a device for cooling the overheated body to a point of safety. You know that

no one ever can sweat away fat; you sweat water, some mineral substance and some poisonous material in watery solution. It is good for one to sweat within reasonable limits. To overdo it is extremely debilitating, sometimes quite harmful; always so unless one drinks extra water. And don't you know how ugly it makes you *look* to reduce by excessive sweat treatments —so shriveled, and wrinkled and old? Use your hot and sweating treatments wisely and feel and look your best.

### SUN BATHS

One may take hot treatments by lying under the open sky in the sunshine, but such exposures are not entirely without danger and should always be taken under skilled direction and oversight. Do not try it without.

### REDUCTION BY COLD

Just a word more to reinforce the point that getting cold or being cold does not further reduction. The value of cold is in its stimulus to the heat-producing mechanism. You know all about the body fires and that everything that makes them burn better helps to consume a larger amount of fat. Whenever cold touches the skin it sends vibrant electric thrills to all parts of the body, to every little body furnace. It is as tho millions of telegraphic lines extended inward from the skin to the body fires and the message they carried in time of need were "Wake fires, wake! glow your bright-

est, burn your fastest!—the body needs more heat." The response should be ready if physical conditions are at their best. And this response we call reaction.

When you first start out on your walk on a cold day, you feel the slap of cold air on your face, on your body. For a few moments you chill and shiver. Then the reaction begins. In a few moments more you are warm; if you walk rapidly you may get positively "hot." The reaction from the cold is reinforced by the exercise. Your fires send their heat to all parts of your body, and remember, if you are on a low diet, the fires are using body fat for their fuel.

You get under a cold shower, let it envelop you. In a few moments, seconds perhaps, your teeth are chattering. This does not take away any fat; but now, after hurriedly drying your body, go briskly through some "Warming-Up" exercises (p. 251). Soon your fires are merrily dancing, consuming that which you freely grant them—your fat.

It may not be much fun to take cold showers until you get accustomed to them, but it makes you feel splendid after, and it is such fun thinking how much fat they are making you burn.

### SOME FAT PEOPLE VERY COLD

Some people whose fires have grown inactive from wrong ways of living, or who have a great mass of fat deposited under the skin, respond but feebly to the stimulus of cold. Such people are chilly, unless hugging a

radiator or smothered in clothing. This in turn deadens the fires still further and the vicious circle is established: poor fires—gets fatter; gets fatter—poorer fires; poorer fires still—gets still fatter. And so it goes on, the poor victim miserable and cold with least excuse and getting fatter all the time.

### WORK UP TO IT GRADUALLY

If you belong to this class you need cold treatments, but you should start with moderately cold treatments, a cold sponge, later a cold shower, taking it very rapidly so as not to get *very* cold. Then, with your warming-up exercises, get up as much reaction as you can. Each day you will be able to react better. You need to be very faithful with your every-day activities. They help to brighten those weak fires. Do not seek warm places when you can warm up by exercise. Gradually lower the temperature of your living rooms to 70° F. or lower, if you can be comfortable. Working or exercising in a cold room, if you can work hard enough to keep warm, will stimulate your reaction and assist your reduction. So also will brisk open-air walks in the cold. Swimming in cold water has the same effect. You understand now why I told you *cold*-water swimming helps more than swimming in water that is tepid or warm.

### IT IS PERMANENT

Stimulate your fat burning powers all you can by these various cold treatments. They not only help in

reduction but permanently improve your body fires so that you are in a measure protected against increase of weight in future.

### REMAINING COLD HINDERS REDUCTION

But supplement your efforts to warm yourself by your own fires with as much artificial heat as is necessary to keep you comfortable—the least possible, not a bit more. If you are continually chilly you will not be able to keep your fires up to the necessary mark and your reduction will slow down. Remaining cold has the same effect on your fires as does water in the fire-box of the furnace.

### BE COMFORTABLE

As your reduction progresses your coat of fat just under the skin grows thinner, which is another reason you may feel chilly, especially if the weather is cold. Winter is not a good time to take off heavy underwear. Intensive reduction should not be done when it is extremely cold. Even your two or three pounds reduction a week are best secured under fairly moderate climatic conditions. Reduction is easier, you are more comfortable, and you can take plenty of out-of-door exercise, thus keeping you fit and giving you maximum results.

It will be plain to you that, after having removed considerable of your fatty protection, it is the part of

wisdom to wear a little more clothing till you have become *acclimated* to your scantier covering. The first winter after reduction, if you live where it is cold, you will observe a marked difference. If you do not return to wrong habits of living, it will be but temporary. The coldness following reduction has sometimes been attributed to "thin blood" caused by the reducing. This may be true if methods are wrong, but never, if right. You are having all the needed blood-making materials. In correct reduction even tho intensive, I have frequently been able to note an increase of hemoglobin at the close of a four weeks' course, and hemoglobin is the substance which gives the healthy red color to the blood. In anemia it is deficient. Get Thin on Good Food and *improve all* your normal healthy physical functions.

### OH! HOW IT HATES TO BURN

Fat outside the body is very inflammable, but in the body it burns with reluctance because packed in dense masses poorly supplied with nerves and blood-vessels, those great highways of the body. Transportation facilities therefore are poor between the fat storehouses and the little body furnaces. No furnace can burn the coal that is still in the bin.

### GET IT MOVING

Efforts toward getting the fat circulating are therefore helpful. Massage of any kind which breaks up the

fat and stimulates circulation makes the body fat more available for fuel. It makes reduction more comfortable and removes more fat from the parts massaged. But do not get the idea that massage is reducing per se. It is of no value unless accompanied by correct diet and exercise. On *full* diet there may be *increase* in size of the parts massaged. You are stimulating circulation. If the blood is surcharged with food elements, what will be the natural result? Did you never hear of massage being used to *develop* withered limbs? When the blood is surcharged with fatty particles on their way to the furnace you have a very different condition and may expect satisfactory results. There are many kinds of massage. Apply your knowledge and you will yourself be able to judge of the value.

Is it of a character to break the fatty tissue preparatory to its being burned? If so, it will help. If not sufficiently strenuous for such effect, is it sufficiently severe to improve the circulation and facilitate the journey of the fat particles? If so, it helps by so much. If it satisfies neither of the foregoing requirements, then it is valueless to your purpose no matter how agreeable it may be.

Now how about mechanical means of massage? Again apply the same tests. The shaking machines stimulate circulation and help by that much if your diet is sufficiently restricted. You are informed in advance and do not have to be disappointed as was one of my patients, who said, "Here I have been going over to the club-house for two years using that shaker machine on

my hips. No wonder they grew larger and larger." Squeezing machines are hardly severe enough to crush much fat. They do have some effect in reducing size but the effect is mild. As you would know, weight is not affected by them. Jouncing machines stimulate circulation and help some with *other correct measures.*

There are other mechanical devices that force the patient to work. They properly come under the head of exercise. Their value is to be measured by the amount of effort they call forth.

No mechanical device, nothing any one can do for you will take the place of *what you can do for yourself.*

### FOR COMFORT

If so much devolves upon you, it is necessary that you enter on your reduction course in as good condition as possible. The extra walking and other exercises will put unusual strain upon your feet and legs. Give them good care and if so much as a suspicion of a blister appears, attend to it immediately.

Be sure to have proper shoes and stockings so as to walk easily and without strain. Thin woolen stockings, plenty long in the foot, are best. Shoes should be well fitting, but loose, with heels large enough to give sure footing in uneven places and as low, or a little lower, than those to which you are accustomed. No one can ever learn to walk well in high narrow heels. On the other hand, it is unsafe to go into low heels

suddenly when one is accustomed to high ones. It may cause great suffering, often a broken arch. If you have bad arches on account of your weight, have special shoes made for you prescribed by an orthopedic surgeon.

Many heavy people have varicose limbs. Such, often think the legs are fat when they are gorged with blood. Your physical examination will bring that to light. Before you begin a régime which will keep you on your feet much, be fitted to good rubber stockings or learn how to apply a rubber bandage. The latter is really better, for your legs will be getting smaller and your stockings will soon be too loose. Your physician will tell you how to care for your legs so that they will improve greatly during your reduction.

Now you are ready to walk, exercise, dance, with comfort and enjoyment. The consequent ease of movement will promote agility and improve your carriage and gait. Walking well, with buoyancy and grace, takes pounds off the appearance. People who are very heavy have great difficulty in walking well and have much to overcome. The pad of fat on the inner side of the thigh keeps the legs apart and tends to give a straddling gait. As the leg swings forward in walking it must also swing outward to avoid the other leg, while the body sways to the opposite side to preserve balance. This adds a waddling effect. Both the straddle and the waddle can be corrected, but habits long established are hard to break. Watch yourself and practise the following:

### FOR FORM AND POISE

1. Imagine yourself walking a chalk line on your tiptoes. If you have weak arches do this with toes turned in. If you are so heavy that the exercise causes foot strain, walk on the whole foot till you are 25 pounds lighter.

2. Practise walking with knees as close together as possible, even rubbing. Do not let the legs swing out ever so little.

3. Fancy dances are not only good exercise, but help to develop a good walk.

A graceful walk will take off ten years from your appearance of age, and ten pounds from your apparent weight.

### MENTAL ATTITUDES

How unkind! How rude, to tell you that your gait is bad in such opprobrious words! But is it not much better to explain it all in a way that helps you to improve instead of leaving you to the mercy of unsympathetic comment and ridicule? Always have the fat been "game"; theirs the inward tears but outward mirth, laughter with others to cover their own smart and ache; and under it all rebellion at the indignity they suffer, resentment at the inconsiderateness of others. But why not look at it impersonally? To be reminded of infirmity and its attendant disadvantages is ultimate help. It gives the prod that forces action and out of it comes cure. Believe me, you who read and profit by the reading, will one day glance proudly

into your mirror and, viewing your slender figure, will say with a superior air of detachment, "Why, of course, it does fat people good to be bumped out of their lethargy by ridicule. They should be bumped and bumped again till they come to the point of asking themselves the question, 'Why be fat?' " and then find the right answer.

Before one can do a thing well one must wish to do it with his whole heart. Before you can conduct your reduction to a victorious conclusion you must feel deeply your handicap and have an intense desire to remove it. More, you must stick an iron resolution right down through your back-bone. You must say with all the power that in you lies, *"I will not be fat,"* and then your battle is half won. "I will *try* to reduce" never gets you anywhere. "I will start to reduce next week" lands you in the same place. "I *will* reduce—I will start *to-day* and I will never stop my efforts till my end is attained" wins certain success.

### DON'T PITY YOURSELF

Do you feel a little sorry for yourself because you can not eat as much as Mrs. Glutton without getting fat? Do you watch her with envy as she stows away enough for a whole family? Do you feel a little abused because like indulgence on your part makes you fatter and fatter? If so, you must change your mental attitude at once, or you will never stick by your guns long enough to win the victory over your ponderosity.

### IT SHOWS YOU ARE MORE HEALTHY

What *you* can eat is all that concerns you. Be thankful that you are a normal person and that your excess food turns to fat in the normal way. You stand a much better chance to live a long, healthy life, provided you heed the warning pounds and start to live right. There is something wrong when one eats and eats without getting fat.

### THE FOOD COMPLEX

If the cook book is to you the book of books; if your thoughts continually turn to eating this, or concocting that delectable viand; if you are forever indulging in imaginary gustatory orgies, and forever talking about the things you love to eat, I am "plumb" discouraged about you. You will have to change your mental attitude or give yourself up to your fat forever. But you can change your attitude when you realize. Think as little about food as possible by filling your mind with other interesting things. For the hour before a meal, provide something very diverting and absorbing. Never sit down and wait for a meal. Never, *never,* let yourself talk about food, excepting only to give necessary directions and orders. The less you talk about it the less you will think about it. Make new thought paths in your brain. Keep out of the old food grooves till they have had a chance to become grass-grown. After awhile your thoughts will no longer seek

those old paths that have led you into such trouble. Thoughts may be habits, but new and better thought-habits can be formed.

### NO SECRET

We hope you have not in the back of your mind a plan to carry on your work secretly. A secret reducing-diet can not be carried out successfully. Your deformity is no secret. Why try to conceal your rational efforts to overcome it? We hope it is not because you feel that if people do not know, you can give it up any time without fear of ridicule; for if that is your attitude of mind you are beaten before you begin. Be proud that you use your brains and practise self-control in order to make of yourself a normal human being. Those who care for you will be proud of you for your achievement and for the stamina and character that make it possible.

### SO DIFFERENT

One of the cruelest delusions which prey on fat people is that somehow *they* are different from the rest of the human race. When *they* diet *they* "feel weak." (Because they follow wrong methods.) They are sure *they* "need food." (Who doesn't?) Such people have not made a proper study of their problem. Unless abnormal in other ways the measure of one's chief difference from other people, so far as ability to reduce is concerned, is the measure of the excess weight.

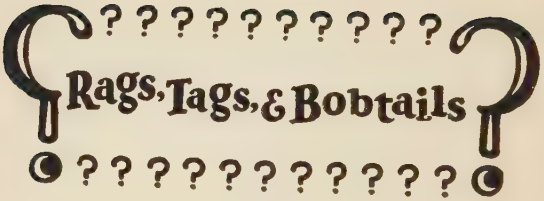
The heavier one is, the more difficult the task and the more time required; but no case is impossible, even tho the overweight seems to be inherited and the unfortunate individual is a mountain of fat. If you are inclined to think you have a difficult task, remember there are others who have accomplished as much—even more.

### WINGS OF IMAGINATION

Give your thoughts flight into your future; dwell on the happiness which will be yours when you have slipped out of your old, odious fat self into your new, comely, slender, efficient body.

Why be fat when such a wealth of helpful, healthful resource is at your command and such a desirable consummation awaits your effort?

# XII. QUESTION-BOX


Rags, Tags, & Bobtails

## XII

## Question-Box

QUESTIONS, questions! Everybody asks them about all sorts of things. I am sure you will be interested in the answers. Maybe you have a few queries of your own. If the replies are not here and you can not find the answers in the book, send them in. Information will be given you, and your question may be incorporated in the next edition. Then you will be an author.

*Is whole wheat bread as fattening as white?*

Yes and no. All breads are fattening according to their ingredients. Often whole wheat and other coarse breads are made with extra sugar or molasses and "grease," and are thus rendered very fattening. When made without sweet or shortening, the calories are nearly the same, but the roughage of the coarser bread is a decided advantage, and the fuller measure of protein, vitamin and mineral makes it a superior food, especially for one who must limit his diet. It is less bulky because it contains less air, but is more filling, so that one is satisfied with less. The ultimate result, therefore, if the bread is made right and good whole wheat flour used, is,—better nourishment and less tendency to fat.

*Is gluten bread reducing?*

Neither gluten nor any other bread is reducing unless harmful drugs are incorporated. So-called reducing breads usually have their virtue in the fact that being less palatable than white bread one eats less of them.

*Is gluten bread as fattening as white bread?*

No. The lower the starch content of the bread the less fattening, and good gluten bread has but 30 to 50% starch. But by good gluten bread one does not mean good-tasting bread; one means bread made of *good gluten* flour. It is the starch that imparts the good flavor. Good gluten flour makes a bread somewhat reminiscent of sponge. Some like it when toasted. Usually it soon palls on the appetite.

*What is the least fattening bread?*

A bread made of casoid flour has no starch and may be made quite palatable. Its high protein content makes it an especially good adjunct of a reduction diet for people who can not eat meat. If you like casoid bread you may find it very helpful. Its calories are of a kind you need and are not fattening.

*Is there any kind of bread which is good that I may eat?*

Probably whole wheat bread answers your requirement best. You may not like it so well at first, but

after using it a short time you will not go back to the white. It should be more than whole wheat in name however. So called whole wheat bread too often contains but a small amount of whole wheat flour. Bread should be at least 90% entire wheat flour. Bread containing starch can be eaten but sparingly during reduction, and its *free* use is never to be indulged by people with an inclination to take on weight. Fine white flour breads should be for them, for all time, tabu.

*Are not potatoes more fattening than bread?*

No, bulk for bulk, they are less fattening. A medium size potato (2 by 2½ by 2½ inches raw) equals in fuel value a piece of home-made white bread or baker's graham bread (3½ inches by 4 inches by ½ inch.) See table, p. 98. The potato is more satisfying and contains more mineral and vitamin, especially if the skin too is eaten. To go without potato and substitute twice as much food in breadstuff is a common error.

*What about macaroni? "I once heard a cooking teacher say it is not fattening."*

You are certainly inviting trouble when you try to get thin on ordinary macaroni. It is 74% starch. However, during cooking, it absorbs a great deal of water so that it becomes quite filling. One-half cup of boiled macaroni is equal to a slice of home-made bread 3½ inches by 4 inches by ½ inch and is more satisfying. It is to be remembered that added ingredients as cheese, butter, cream, milk run up the fuel value and must be

counted. Also, if the macaroni is baked it shrinks, and servings must be smaller. A special macaroni for diabetics has no starch. Try it if you wish. A whole-wheat macaroni also is available. You will like it, and in small quantity it will be good for you.

*Is oleomargarin as fattening as butter?*

There is little difference, and butter contains valuable vitamins in which oleo is deficient. All animal and vegetable fats are so much alike in fuel value that the difference is not appreciable in small quantity. Spread your bread from the butter jar, but stretch it and spread it thinly.

*How about nuts, are they very fattening?*

Yes. They are either very fat or very starchy. (See table, p. 97.)

*Is gravy as fattening as butter?*

The fattening power of gravy depends upon how it is made. If a great deal of fat is used as when the flour is cooked in fat before fluid is added, your portion may contain one tablespoon of fat. This, as you know, is 100 calories, and as much fuel as an inch cube of butter. Make it as described on page 182 and it is very low in caloric value. If you are not reducing you do not need to substitute India gum and may sprinkle a little flour in your skillet during the browning of the pan. It helps the color. But be sure to pour out any fat in the pan before starting to make the gravy.

*Is cottage cheese bought at the dairies fattening?*

Cottage cheese bought at dairies contains cream in varying amounts depending upon the generosity of the cheesemaker. By special order you can usually get it cream free. For home-made cottage cheese see page 93.

*Are the substitutes for olive oil fattening?*

All oils except mineral oil are fattening. (See tables, p. 96.)

*Has glucose fuel value?*

Yes. The ordinary glucose of market—corn-sirup—is a sugar. It is more digestible than cane-sugar but nearly as high in calories. Not being so sweet, more is required when used as a sweetener, increasing the fattening quality as an ingredient above even sugar.

*Are brown sugar and maple-sugar as fattening as white sugar?*

The difference is so little as not to count, especially as the brown and maple-sugars are less sweet and require more in quantity for sweetening other foods.

*Will I reduce if I use toast instead of bread?*

No. Toast is quite as fattening as bread unless it is burned—charred. The food value of the burned portion is spoiled. The part that goes into the garbage does not fatten. Some of the starch of the bread is

turned to diastase during toasting, which makes the toast easier of digestion, but not less in fuel value. One is apt to eat more calories of toast than bread because it is less bulky and better liked, to say nothing of the extra butter.

*Are not lemons reducing?*

No. Every large lemon yields 50 calories of fuel. Lemons in moderation are good food, in excess harmful. They will not reduce unless used so excessively as to injure digestion.

*Aren't pickles reducing?*

Not unless they give you indigestion.

*Which foods are reducing?*

No food is reducing. Every food except water and gelatin is fattening to some extent, if your quantity is too great. The low-caloried foods are less fattening than the high-caloried. Foods with a high percentage of protein are much less fattening than those with a high percentage of the fuel foods,—sugar, fat, or starch. If a substance has no fuel value it can not be classed as a food with the one exception of water.

*Why do you allow pie during reduction when it is such a fattening food?*

We do not wish to recommend pie for reduction or for any other time, but forsooth, we have constructed menus for those whose predilections contribute to over-

weight. To such, pie usually looms large, likewise cake and all the "sweet" family. You will note that the pie recipes and the cake recipes contain the least possible amount of fuel foods to make them really delicious tasting. A sneaking hope is entertained that you will find them so good and so satisfying that you will never go back to the richer concoctions.

*But I do not care for sweet things, why do I get fat?*

If you don't know, read the book through again. What other fuel food do you eat too much of? What about your starches? What about your fats? What about your activities? Something is wrong with your food habits or your manner of living. Put your finger right on the raw place. Finding out what ails you is the first step in cure.

*Why is it I am so much hungrier than I used to be when I was thinner? I can eat any time.*

A number of causes contribute. One cause rests in the fact that the accumulations of fat in your cells interfere with your having the brightest fires possible. If your food does not burn freely and perfectly, you do not realize that you have eaten enough, because you do not get enough energy from it. Therefore, you still feel hungry. You are apt to feel languid and lazy and tired too, for the same reason.

Another cause of your unnatural appetite is that you have overeaten so much that your stomach is perma-

nently stretched, permanently unless you shrink it back to normal proportions by a period of low diet.

Another cause of your being hungry may be that you do not eat the right kind of food. If you do not eat enough vital foods your tissues are hungry and you have an unsatisfied gnawing feeling.

Again, if you eat largely of fuel foods, they are more quickly digested and the stomach soon feels empty, which you interpret as hunger.

Another reason is habit. If you lunch at bedtime once, the next night you crave it again. If you eat four meals a day two or three times a week, you soon crave that number every day of the week.

*How can I overcome that distressing feeling of hunger?*

Institute a period of sane, healthful living, reducing your weight, cleaning out a lot of unburned material which now clogs your fires as ashes and clinkers clog the fire-box of a furnace. During the process, if correctly done, your stomach will return to normal size; you will have learned how to feed your vital tissues and otherwise live so as to activate your body fires to normal; and you will have broken up your bad habits of overeating.

*Why is it that when I reduce, as I have tried to do several times, I feel so weak, and look so drawn and old and haggard?*

You need to read the book through again too. Nature does have a way of slapping you in the face and

making you both look and feel badly when you use wrong methods of reduction. Try again, follow the right road which gives you health, happiness, youthfulness and good looks.

*When I try to reduce I find I have to take much less food than is rightly coming to me according to all the tables. Why is that?*

There is just a bare possibility that your metabolism is below par. Have it tested. If so, you will have to work hard at the various methods of stimulating and improving the body fires. (Pages 242-263.) It is possible you have a real pathological condition for which you will need the services of a physician, but that is unlikely. It is more probable that you haven't been accurate enough in measuring your food or that the tables you have followed have been imperfect. Try again using the directions and tables of the foregoing pages, measuring carefully, even doing a little weighing till you have trained your eye. Remember that a piece of bread of 100 calories is a small one. (See tables, p. 98.) Too often any piece of bread and any potato is counted as 100 calories, whereas a potato or piece of bread, if large, may contain two or three times that much. It's no use to fool yourself. It defeats you. Be critical and accurate if you would get results.

*For how long a time should one continue reducing?*

When under skilled care and observation a course may continue for six weeks without being too taxing,

but in self-reducing four weeks is long enough at a time, with four-week intervals till weight has been reduced sufficiently.

*Why should not one continue without stopping till reduction is completed?*

Long-continued reduction tends to lower metabolic processes so that it becomes depressing and one is neither comfortable nor happy; and as times goes on the diet must be decreased more and more to bring results. Alternate periods of rest and work seem to be Nature's plan. Night follows day, Sunday comes to us once a week, and even then we need vacations. Why should reduction be an exception? It goes on continually, night and day, remember.

Why do your reduction in a hard depressing way when there is an easier, pleasanter one?

## GET THIN PLEASANTLY

*Will it reduce me if my foods are combined in certain ways?*

It depends upon what the combinations are. Some combinations are easier to digest than others, without doubt. In certain *diseases* right combinations are very helpful, but overweight is not a disease. The amount of fuel food in a given diet determines its fattening or reducing value. A combination that hinders digestion of sugars, fats or starches would tend to reduce, but indigestion is not a very pleasant nor healthful

road to thinness. I could hardly recommend it. If the combinations recommended for reduction are low in fuel foods, they will reduce you. If they furnish plenty of the vital foods you need not be afraid of them. If they are one-sided diets, avoid them. You should know how to measure them now and judge for yourself.

*Where may I procure the special materials required by some of the recipes?*

If you do not live in a large city, you may have to send for them. The author will help you to necessary addresses, if you will write her at Marinette, Wis.

*How can I stay thin after I have reduced?*

You have reduced properly, and therefore it should not be hard, but the telling how is too long a story for a few lines. It requires a whole chapter. (See Maintenance Diet, p. 305.)

# XIII. ACHIEVEMENT

## XIII

## Achievement

### RÉSUMÉ OF PLAN

By now the central thought of the reducing system presented here must be plain. But that there be no possibility of misunderstanding let us talk it out in simple words.

Our slogan is: "Keep well; feel well; look well."

Our procedure and instruments of help are as follows:

1. *Food,* a basic requirement, must contain protein, mineral and vitamin sufficient to cover all vital needs, the exact amount to depend upon height (p. 307).

2. *Water,* which is a food also, and vital, must be taken freely, 2 or 3 quarts of fluid a day.

3. *Fuel foods* (sugars, fats and starches) we may cut from the diet all we wish, so as to leave our body furnaces free to burn the body fat.

4. After vital needs are provided, we may add whatever *foods we like best,* so that we lose not more than 2 or 3 pounds a week.

5. *Exercise* we must have to keep our fires burning briskly, for the fat we lose must be burned in our own body furnaces. We may take our exercise, however, in ways most agreeable.

6. *Accessory treatment,* as heat and cold, massage of

various kinds and mechanical aids, further our reduction efforts, particularly our efforts at local reduction; but they are secondary, only effectual if they accompany the basic requirements, and *never can take the place of proper food and proper exercise.*

### WHAT IT ALL MEANS TO US

Unsatisfied desire! Inferiority complex! No senseless jargon this, but a real crucifying experience, caused by having to carry about that hated fat body for all these many years. But not for long now! We know how to get rid of it at last, comfortably, healthily and oh, so happily!

Now do not think for a moment that this is extravagant hyperbole, you, who have not yet tasted the bitterness of frustration caused by great excess of fat. You have just started to feel the sting of it. You will be spared the humiliations and embarrassments. Be thankful, but do not procrastinate one moment.

# XIV. MAINTENANCE DIET AND MENUS

## XIV

## Maintenance Diet and Menus

MAINTENANCE Diet is usually interpreted as meaning the number of calories of food used by the body for its work in 24 hours. On maintenance diet the food supply is ample for heat, energy and function; and *all* the food is used. There is no loss of weight, no gain; there is perfect equilibrium between food intake and body fires.

### WHAT ABOUT HEALTH?

In a broader sense, maintenance diet should cover *all* the body's need, not only support of its fires, but support of its tissues as well; not only sufficient fuel food to keep the weight stationary, but also sufficient vital foods to preserve the integrity of the body itself. This is to be your ideal, therefore, day by day as you watch your calories to keep your weight from increasing, you must also watch that the vital content of your food is ample. Otherwise your health must suffer; not noticeably at first, but little by little, harmful effects will accumulate till finally disease develops, tho you may never appreciate that the cause of the trouble was improper diet.

### VITAL NEEDS LESS DIFFICULT TO MAINTAIN

The amount of your fuel need often changes from day to day, according to the amount of your activity. Your vital need changes little, if any, variations being subject only to changes in the amount of the vital tissue of the body. After illness or any depleting condition you need extra vital food till the loss is made up. If by a strenuous life you make for yourself a big strong body with heavy muscles you will thereafter need more vital food to feed the larger organism, but it will remain the same one day with another.

There is a current popular notion that the harder one works the more protein food is required for that day's work. You must disabuse your mind of this for it is not upheld by scientific observation. You need more fuel food whenever extra energy is required; but the vital structures do not change suddenly, and therefore their need does not fluctuate.

This makes it comparatively easy for you to provide adequately for your vital needs. You do not have to be revising estimates and figuring on new data. Your *normal* weight is constant; therefore, once figured, you know your vital needs for all time.

On the next page is a table which tells at a glance the total maintenance calories, the protein requirement, and the calories of vegetables and fruit necessary for different heights:—women 4 feet 10 inches to 5 feet 11 inches, men 5 feet 3 inches to 6 feet 3 inches. Meals for the day, constructed on the figures for your height and

normal weight, as illustrated on pages 309-311, will be satisfying, will cover all your needs and will not make you gain.

Why get fat again, when you can eat good, healthful, satisfying meals and keep your attractive new figure?

## TABLE OF WEIGHTS, HEIGHTS AND MAINTENANCE CALORIES

*WOMEN*

| *Normal Weight Pounds* | *Height feet* | *inches* | *Calories of Protein Need* | *Calories of Vegetable Need* | *Calories of Fruit Allowance* | *Calories Maintenance Total* |
|---|---|---|---|---|---|---|
| 116 | 4 | 10 | 192 | 116 | 116 | 1740 |
| 118 | 4 | 11 | 195 | 118 | 118 | 1770 |
| 120 | 5 | | 198 | 120 | 120 | 1800 |
| 122 | 5 | 1 | 201 | 122 | 122 | 1830 |
| 124 | 5 | 2 | 205 | 124 | 124 | 1860 |
| 127 | 5 | 3 | 209 | 127 | 127 | 1905 |
| 130 | 5 | 4 | 215 | 130 | 130 | 1950 |
| 134 | 5 | 5 | 221 | 134 | 134 | 2010 |
| 138 | 5 | 6 | 227 | 138 | 138 | 2070 |
| 142 | 5 | 7 | 234 | 142 | 142 | 2130 |
| 146 | 5 | 8 | 241 | 146 | 146 | 2190 |
| 150 | 5 | 9 | 248 | 150 | 150 | 2250 |
| 154 | 5 | 10 | 255 | 154 | 154 | 2310 |
| 159 | 5 | 11 | 262 | 159 | 159 | 2385 |

*MEN*

| | | | | | | |
|---|---|---|---|---|---|---|
| 133 | 5 | 3 | 219 | 133 | 133 | 1995 |
| 136 | 5 | 4 | 224 | 136 | 136 | 2040 |
| 140 | 5 | 5 | 230 | 140 | 140 | 2100 |
| 144 | 5 | 6 | 237 | 144 | 144 | 2160 |
| 148 | 5 | 7 | 244 | 148 | 148 | 2220 |
| 152 | 5 | 8 | 251 | 152 | 152 | 2280 |
| 156 | 5 | 9 | 258 | 156 | 156 | 2340 |
| 161 | 5 | 10 | 265 | 161 | 161 | 2415 |
| 166 | 5 | 11 | 274 | 166 | 166 | 2490 |
| 172 | 6 | | 284 | 172 | 172 | 2580 |
| 178 | 6 | 1 | 294 | 178 | 178 | 2670 |
| 184 | 6 | 2 | 304 | 184 | 184 | 2760 |
| 190 | 6 | 3 | 314 | 190 | 190 | 2850 |

Would you like to know how the figures in the tables are arrived at? Very well.

### HERE ARE THE RULES

1. Protein should comprise 11% of your total maintenance calories. This is the minimum requirement. You may take a little more if you crave it.
2. Vegetable proper:—You should take at least as many calories as your pounds of normal weight. All you wish of watery vegetables will not be too much.
3. Fruit Allowance:—You may take as many fruit calories as your pounds of normal weight.
4. You may substitute vegetable calories for fruit but not fruit for your vegetable.
5. Take any foods you like sufficient to make up the remainder of your total maintenance calories.
6. The total maintenance calories equal the number of pounds of your normal weight multiplied by 15. You may eat that amount of food without gaining weight. If you work hard your maintenance allowance will increase, but check up every day by your scales.

### MAINTENANCE MEALS

Now we are ready to plan those all-sufficient meals that will hold you at stationary weight.

To make out a set of menus that shall serve for a few weeks while reducing is one thing, to arrange them for a lifetime is quite another. We do not presume upon such an undertaking, but a set of sample meals, which you can vary as pleases you, will help you to a start. You will be able to go on constructing your own meals along right lines.

## MAINTENANCE MEALS

SAMPLE MENU FOR SHORT MEN AND TALL WOMEN

Man 5 feet 5 inches tall
Woman 5 feet 7 inches tall

### Breakfast

Kaffee Hag or Coffee
200 calories of Fruit and Toast
Choice of:
¾ cup coarse Breakfast Mush with ½ cupful Milk
(New Oata Oatmeal with Bran, Pettijohns, or
Cream of Wheat with Bran)
**or**
1 cup prepared Breakfast Food with 1 cup Milk
(1 Shredded Wheat Biscuit,
1 cup Corn Flakes and ¼ cup Bran Flakes
1 cup Wheaties or other
Whole Wheat Preparation)
**or**
2 small pieces Whole Wheat Toast and 1 Egg
½ of a 1-inch cube of Butter

### Dinner

Meat, ¼ pound, quite lean, large fat flakes removed
Potato or other Starchy vegetable (p. 41), 100 calories
or
Semi-watery Vegetable (p. 51), one cup
Watery Vegetable (p. 51), cooked or in salad, all
you wish
Butter, ½ of a 1-inch cube—butter stretched
Bread, one small slice
* Dessert, up to 200 calories (p. 95), fresh fruit frequently

* If your dessert totals more than the 200 calories, take fewer bread and potato calories.

**Luncheon or Supper**

Eggs, 2 large
or
Skimmed Broth, ¾ cup and Cheese dish containing 2 tablespoons grated Cheese and 1 cup Milk
or
Cream of Vegetable Soup, large serving
Starchy dish, 100 calories, any form desired
† Large Vegetable Salad or watery vegetable
Bread, 2 small slices
Butter, ½ of an inch cube
Dessert, up to 200 calories,* frequently fruit †

## MODIFICATIONS OF MAINTENANCE MEALS

According to Height and Sex

**For Men:**

If 5 feet 4 to 5 inches tall—Subtract ½ the morning Toast or Cereal or ½ slice Bread.

If 5 feet 5½ to 7 inches tall—Add ¾ cup Milk or Buttermilk, or 1 small Egg.

If 5 feet 7 to 9 inches tall—Add ¾ cup Milk or Egg and 1 piece Bread (3½ by 4 by ½ inch).

If 5 feet 9 to 11 inches tall—Add ¾ cup Milk or Egg and 1 piece Bread, ¼ more Meat and all the watery Vegetable you wish.

† If you prefer, you may take your watery vegetable cooked and your fruit in a salad.

If 5 feet 11 to 6-1 inches tall—Add ¾ cup Milk or Buttermilk, or 1 small Egg, ½ more Meat or ¼ more and 1 Egg, 1½ pieces of Bread. All the Watery Vegetable you wish.

If 6 feet 1 to 3 inches tall—Add same as for 6 feet, 1 inch. 1 extra Potato, ¼ inch cube of Butter.

For Women:

If 5 feet 6 to 7 inches tall—Subtract ¼ the morning Cereal.

If 5 feet 5 to 6 inches tall—Subtract ¼ the morning Cereal and Milk and ½ piece Bread.

If 5 feet 4 to 5 inches tall—Subtract ½ the Cereal and ½ the Milk.

If 5 feet 3 to 4 inches tall—Subtract ½ the Cereal and ½ the Milk and ¼ the Meat.

If 5 feet 2 to 3 inches tall—Subtract ½ the Cereal and Milk, ¼ the Meat, ½ slice Bread and a little Butter.

If less than 5 feet 2 inches—Take the 5 feet 2 inch allowance but subtract enough of the desserts to hold the weight steady.

The sample set of a day's maintenance meals is to show you how much food one of the height specified may eat with no gain in weight. If you are taller, you should add food proportionate to your height; if you are shorter, you will need to take less, but the subtractions should chiefly be from the fuel foods. The modifications specified will help you till you have learned to make changes that please you better.

You may like to have quite a different arrangement

of the food. Perhaps you prefer a lighter breakfast, adding correspondingly to the other meals. Or you may prefer more potato and less bread or vice versa, or fruits in your salads and less dessert, or less dessert and more bread and butter. Very well! Arrange it to your liking, only stick closely to principles. Cover your vital needs first and then eat what you wish so long as your weight remains stationary.

If you are an active person, you probably will lose weight slowly on the diet just prescribed. In that case add anything you like and watch your scales. The foods of the menu give you all the vital elements you need. Take your indulgence ration in any form you prefer.

You may find helpful a skeleton ration which furnishes your essentials, around which you may build your own menus for maintenance.

The following represents:

A DAY'S RATION OF VITAL FOODS EVEN FOR LARGE PEOPLE

¼ pound *lean* meat — 4 slices whole wheat Bread
2 Eggs — 1 cup Milk
Vegetables, as many calories as your normal weight in pounds
Fruit, as many calories as your normal weight in pounds.

Vital food needs are supplied, by the above, sufficient for a woman up to 5 feet 11 inches tall or for a man nearly 5 feet 10 inches tall.

The total calories are from 1075 up, a slight increase for those taller on account of the greater supply of

fruit and vegetables. You will be safe to start with 1200 calories of Vital Foods at any height up to five feet 10 inches, and may add to this skeleton, foods you like best, enough in quantity to give you your total allowance of maintenance calories according to your height (see table, p. 307).

What wonderful meals you can plan for yourself all the rest of your life and weigh the same every day! Then why be fat?

If, carefully applying your knowledge and faithfully carrying out your plan, your weight insists upon rising a trifle, it is because you are not active enough, and are not burning as much food as you should. You know the remedy.

If you lose weight on your maintenance allowance, again hear the pleasant injunction! "Eat more of the foods you *like best*." All your needs are provided by the foods of the menu. Your scales will tell you when your limit of total food has been reached. Otherwise there is no restraint.

### HABIT AND MAINTENANCE

After you have formed the habit of eating a certain amount of food, you crave about that amount and are satisfied after eating it, so that you do not have to watch your food quite so closely. It automatically takes care of itself in some measure. At least it does so if your life goes on in its usual grooves with its customary activities. But if, having led a fairly ac-

tive life, you take a vacation from work, look out! Your habit then may lead you into difficulty. You can not burn all that food now. What happens to it? It turns to fat. I must give you a motto to follow *all your life.* It is: "Keep Moving." Try so to order your life that you must keep going. Take on *pleasant* activities but take them on and keep them up. and half your troubles in keeping down your weight will be at an end. The habit of activity can be formed as well as the habit of sloth. And it gives you a lot more fun in life, and makes you a lot more popular.

Why be fat and indolent, when life can be so interestingly filled with the activities that keep you fit and normal?

### STARTLING ARITHMETIC

Now we go back to our calories. It will help you break bad eating habits if you know definitely just what each infraction of the rules will cost you. What do you think of this?

Every time you eat 3600 more calories than you can burn, you put on nearly a pound of fat. That means if you eat 500 calories too much in a day you will take on almost a pound a week. If you eat 100 calories too much each day you increase in weight 10 pounds a year. One slice of bread, not very large, will do it. 120 calories too much a day means a pound a month of gain. One large fat chocolate cream a day will give you the extra pound.

The difference between cream and sugar in your coffee and taking it black counts up like this:

Coffee-drinkers often take 3 cups daily

For the whole 3 cups

¼ cup cream and

1 level tablespoon sugar (a moderate amount)

In one year's time it adds 16 pounds to your weight.

If you leave out cream and sugar you soon like it better black.

### DO YOU UNDERSTAND NOW WHY YOU WERE FAT?

If not, take your pet indulgences and with the help of the tables (pp. 87-107) figure up how much a year they added to your weight. It will stiffen your resolution to live rationally and help you to better habits of eating. For example:

Figure the difference between rich desserts and fruit, between fruit loaded with sugar and with a moderate amount—just as little as tastes good. It will make ten to twenty pounds difference in a year and after you are accustomed to less sweet you like it better.

Figure the difference between thinly spread stretched butter and the ordinary kind spread thickly—at least 10 pounds a year.

Figure what the grease in one fried dish a day would make—1 tablespoon of fat—100 calories a day, 10 pounds a year.

### SHUN INGREDIENTS, DO NOT HIDE YOUR FOOD

If you take cream, take it in a form you can see. It will be vastly more satisfying. We hope you have learned to like the simpler food preparations that hide nothing. They are much more digestible and offer such an easy and comfortable way of getting rid of calories. Every time you add an egg to a cake you add from 75 to 90 calories, and for every white you must have an additional measure of shortening or your cake will be tough. Is it not much better to learn to like the plainer ones? In cooking, remember that skimmed milk has but 88 calories to the cup, while full milk has 160, and the skimmed milk has over twice as much vital food; cream 400 calories to the cup; thick cream 900, tho the last named gives you much the least protein of the group, only 15 calories to the cup. It is so much easier to cut calories than to cut the *quantity* of your food. And by keeping the food simple, it is easily done. Simple food grows on one, by the eating. After awhile you will dislike rich dishes. They will seem "sickish" or "greasy" to you. Habitually eating rich foods increases ones appetite for them but abstinence breeds indifference or dislike.

### OH, THOSE PARTIES!

Pitfalls always, you will have to be on your guard against them. The meal before and after need be pinched and the banquet table viewed with discrimi-

nating eye. Instead of eating everything served, select those things you like the very best and which are not too fattening, eschewing the dishes that are worst for you. Believe me, you will enjoy your dinner more and will avoid that stuffed dull feeling at the close. Parties are not now the gorges that they were a decade ago. In time they will become still more refined and restrained. It is our privilege to help speed that day.

### THE NEVER, NEVER LAND

"Lest you forget," we remind you again of all the things you must never do, if you wish to keep your body nice and slim, and incidentally, but most important at top-notch efficiency and health. Each *"Never"* well heeded will save you pounds of gain each year.

*Never* learn to eat new fattening foods. If you do not care for them you do not have to exercise self-denial in going without them.

*Never* eat high-caloried foods for which you care little. They give you little satisfaction if any. Why let them give you trouble?

*Never* add sugar to things you like almost as well without. Soon you will like them better without.

*Never* add fat to things you like almost as well without.

*Never* add cream to berries or other fruit. In a little time you will cease to miss it. A little later you will dislike it.

*Never* eat any sort of fried foods. The added grease is often more fattening than the food itself. And how indigestible!

*Never* be a Rip Van Winkle and say "We won't count this time." Remember what it did to him.

*Never* wash your food down with water instead of properly chewing it. You will eat a great deal more if you do and will injure your digestion beside. You will eat much too fast and not give yourself a chance to half enjoy your food.

*Never eat fast.* Do a modified Fletcherizing. Then you can enjoy to the full all you eat, have no distress after, and will not eat so much.

### NO ZIG-ZAG REDUCTION

*Never will you get fat again.* No ups and downs for you, making you unhappy and robbing you of your health and good looks. I wonder if you know about that! When you are fat, your skin is stretched tightly over the fat and therefore smooth and firm. When fat underneath is consumed, the skin must shrink or it does not fit. Every time your skin is stretched it has more difficulty in shrinking back to its original firmness. Finally if the skin is stretched too many times it remains stretched and lies in folds and wrinkles. Will you permit it? Never. One half the effort you expended in getting thin will keep you just the way you wish to be, and the longer you keep yourself normal, the easier it becomes. And when people say to you "Do you always

have to diet" you will reply "No, decidedly not, but I do not habitually overeat."

Why be fat when it is so easy to keep normal under a plan that makes you so much healthier, comelier and happier? It is even easier to *Keep* Thin on Good Food, than it is to *Grow* Thin on Good Food.

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